



Air-Fryer Dessert Dumplings



1/3rd of recipe (2 dumplings): 76 calories, 2g total fat (0.5g sat fat), 54mg sodium, 12.5g carbs, 0.5g fiber, 5g sugars, 1.5g protein

Green Plan [SmartPoints](#)® value 3*

Blue Plan (Freestyle™) [SmartPoints](#)® value 3*

Purple Plan [SmartPoints](#)® value 3*

Prep: 5 minutes **Cook:** 5 minutes



Tagged: [Dessert Recipes](#), [Vegetarian Recipes](#), [5 Ingredients or Less](#), [30 Minutes or Less](#)

Ingredients

3 Snickers Minis (the square ones)
6 round gyoza/dumpling wrappers (stocked with the tofu in the refrigerated section of the supermarket; use wonton wrappers if you can't find 'em)
Optional topping: powdered sugar

Directions

Cut each Snickers Mini in half, for a total of 6 pieces.

Lay one gyoza wrapper flat on a clean, dry surface. Place one Snickers piece in the center. Moisten the wrapper edges with water. Fold in half, forming a dumpling and enclosing the candy. Press firmly on the edges to seal.

Repeat to make 5 more dumplings. Spray with nonstick spray.

Place a single layer of the dumplings in the air fryer cooking basket. (Save any remaining dumplings for a second batch.) Set air fryer to 356 degrees. Cook until golden brown, about 5 minutes.

MAKES 3 SERVINGS

HG FYI: Our air fryer has a dial setting for 356 degrees. Depending on your air fryer model, you can set to 356 or 360 degrees.

Oven Alternative: Bake at 350 degrees until crispy, 8 - 10 minutes.

[SmartPoints](#)® value* not what you expected? We follow the same method as Weight Watchers when calculating recipe values: We add up the [SmartPoints](#)® values* of the individual ingredients using the Recipe Builder. (Many foods have a value of zero and remain zero in recipes.)

*The [SmartPoints](#)® values for these recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by Weight Watchers International, Inc., the owner of the [SmartPoints](#)® trademark.