



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

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



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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.

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