



Air-Fryer Everything Pro-tzel Bites



1/2 of recipe (4 pretzel bites): 140 calories, 0g total fat (0g sat. fat), 596mg sodium, 24.5g carbs, <0.5g fiber, 2g sugars, 8.5g protein

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Prep: 10 minutes **Cook:** 25 minutes



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Ingredients

1/2 cup self-rising flour
1/2 cup fat-free plain Greek yogurt
1 tbsp. baking soda
1/2 tsp. [everything bagel seasoning](#)

Directions

In a medium bowl, thoroughly mix flour with yogurt until dough forms. Form dough into 8 nugget-shaped pretzel bites, about 2 tbsp. each.

In a medium pot, combine 3 cups water with baking soda. Mix well. Bring to a low boil.

Once boiling, remove pot from heat. Gently add 4 pretzel bites to the water, and let sit for 30 seconds. Carefully transfer the pretzel bites to a plate. Repeat with remaining pretzel bites.

Spray an [air fryer](#) with [non-aerosol nonstick spray](#). Top pretzel bites with seasoning, place them in the air fryer, and spray with nonstick spray. Set air fryer to 370°F.

Cook until golden brown and cooked through, about 12 minutes.

MAKES 2 SERVINGS

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