



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

[Click for WW Points® value*](#)

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

More: [Breakfast Recipes](#), [Recipes for Sides, Starters & Snacks](#), [Vegetarian Recipes](#), [5 Ingredients or Less](#)

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

We may receive affiliate compensation from some of these links. Prices and availability are subject to change.

We may have received free product samples, which in no way influences whether these products are reviewed favorably, unfavorably, mentioned with indifference, or mentioned at all. Click for more about our [editorial](#) and [advertising](#) policies.

*The WW Points® values for these products and/or recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by WW International, Inc., the owner of the Points® trademark. For those on the Diabetic Plan, values may vary.

Questions on the WW Points® values listed? [Click here.](#)

Hungry Girl provides general information about food and lifestyle. This information and any linked materials are not intended and should not be construed as medical advice, nor is the information a substitute for professional medical expertise or treatment. [Click here](#) for more information.