



Air-Fryer Ham 'n Cheese Bites



1/2 of recipe (3 bites): 188 calories, 2g total fat (0.5g sat. fat), 638mg sodium, 26g carbs, <0.5g fiber, 3g sugars, 15.5g protein

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



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Ingredients

1/2 cup self-rising flour
1/4 tsp. garlic powder
1/4 tsp. onion powder
1/8 tsp. Italian seasoning
1/2 cup fat-free plain Greek yogurt
1 1/2 oz. (about 2 slices) reduced-sodium ham
1 stick light string cheese, cut into 6 pieces

Directions

In a large bowl, mix flour with seasonings. Add yogurt. Mix until dough forms.

Cut each ham slice into thirds.

Shape dough into 6 balls, about 3 tbsp. each. Press an indentation into each dough ball. Wrap one piece of ham around a cheese piece, and place in the dough ball. Seal dough around ham and cheese.

Spray [an air fryer](#) with nonstick spray. Place balls in the air fryer, and spray with nonstick spray.

Set air fryer to 360°F. Cook until golden brown and cooked through, 8-10 minutes.

MAKES 2 SERVINGS

Oven Alternative: Bake at 385°F for 11-13 minutes, until light golden brown.

So easy, right?! [Click to watch.](#)

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