



Air-Fryer Pizza Pockets



1/2 of recipe (1 pocket): 194 calories, 3.5g total fat (1.5g sat. fat), 617mg sodium, 26g carbs, 0.5g fiber, 3g sugars, 13.5g protein

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Prep: 10 minutes **Cook:** 15 minutes



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Ingredients

1/2 cup self-rising flour
1/2 cup fat-free plain Greek yogurt
2 tbsp. pizza sauce
1/4 cup shredded part-skim mozzarella cheese
4 slices (about 1/4 oz.) turkey pepperoni, chopped

Directions

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

Shape dough into a large rectangle, about 7"X10" and 1/4 inch thick. Slice in half widthwise and lengthwise for a total of four rectangles.

Spread sauce onto two rectangles, leaving 1/2-inch borders. Top with cheese and chopped pepperoni. Top each of these rectangles with one of the remaining rectangles. Firmly press edges with a fork to seal.

Spray an air fryer with nonstick spray. Place pockets in the air fryer, and spray with nonstick spray.

Set air fryer to 360°F. Cook until light golden brown and cooked through, 10–12 minutes.

MAKES 2 SERVINGS

HG Dough Tips: To prevent sticking, lightly dust your hands and work surface with flour and refrigerate dough for at least 5 minutes. It's even easier to work with if you make the dough a day or two in advance.

Oven Alternative: Bake at 385°F for 13–15 minutes, until light golden brown.

See exactly how to form these pockets! [Watch the video now.](#)

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