



Air-Fryer Pro-tzels



1/2 of recipe (1 pretzel): 135 calories, 0g total fat (0g sat. fat), 761mg sodium, 24.5g carbs, <0.5g fiber, 2g sugars, 9g protein

[Click for WW Points® value*](#)

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



More: [Recipes for Sides, Starters & Snacks](#), [Vegetarian Recipes](#), [5 Ingredients or Less](#), [30 Minutes or Less](#)

Ingredients

1/2 cup self-rising flour
1/2 cup fat-free plain Greek yogurt
1 tbsp. baking soda
1/4 tsp. coarse salt
Optional dips: mustard, cheese sauce

Directions

In a medium bowl, thoroughly mix flour with yogurt until dough forms. Shape dough into a ball, and cut in half.

Roll out each piece of dough into a long cylinder shape. Create a U-shape with the dough. Cross the ends and fold down towards the bottom of the U to make a pretzel shape. Gently press on the dough where it overlaps so it adheres to itself and the pretzel maintains its shape. Repeat with remaining dough to form a second pretzel.

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

Once boiling, remove pot from heat. Carefully transfer the liquid to a medium-large bowl. Place one pretzel on a large spatula, and submerge it in the liquid for 30 seconds. Carefully remove the pretzel with the spatula, and transfer the pretzel to a plate. Repeat with remaining pretzel.

Top pretzels with salt. Spray an air fryer with nonstick spray. Place pretzels in the air fryer, and spray them with nonstick spray.

Set air fryer to 370°F. Cook until golden brown and cooked through, about 12 minutes.

MAKES 2 SERVINGS

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

Oven Alternative: Bake at 400°F until light golden brown and cooked through, 13-15 minutes.

HG FYI: If you're watching your salt intake, skip the coarse salt to save about 245mg sodium.

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.

Publish Date: November 9, 2022

Author: Hungry Girl

Copyright © 2025 Hungry Girl. All Rights Reserved.