



Air-Fryer Sweet Cinnamon Bagel Bites



1/2 of recipe (4 bagel bites): 160 calories, 2g total fat (0.5g sat fat), 381mg sodium, 27g carbs, 4g fiber, 2.5g sugars, 10g protein

Green Plan [SmartPoints](#)® value 4*

Blue Plan (Freestyle™) [SmartPoints](#)® value 4*

Purple Plan [SmartPoints](#)® value 4*

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



Tagged: [Breakfast Recipes](#), [Vegetarian Recipes](#), [5 Ingredients or Less](#), [30 Minutes or Less](#)

Ingredients

1/2 cup whole-wheat flour
2 packets natural no-calorie sweetener (like Truvia)
1 tsp. cinnamon
3/4 tsp. baking powder
1/8 tsp. salt
1/2 cup fat-free plain Greek yogurt
2 tsp. light butter
Optional topping: light/reduced-fat cream cheese

Directions

In a large bowl, combine flour, 1 sweetener packet, 1/2 tsp. cinnamon, baking powder, and salt. Mix well.

Add yogurt, and stir until uniform.

Evenly form into 8 balls (about 2 tbsp. each). Spray with nonstick spray.

light golden brown and insides are cooked through.

In a small microwave-safe bowl, microwave butter for 10 seconds, or until melted.

In another small bowl, mix remaining sweetener packet with remaining 1/2 tsp. cinnamon.

MAKES 2 SERVINGS

Oven Alternative: Bake at 350 degrees until golden brown, about 15 minutes.

[SmartPoints](#)® value* not what you expected? We follow the same method as Weight Watchers when calculating recipe values: We add up the [SmartPoints](#)® values* of the individual ingredients using the Recipe Builder. (Many foods have a value of zero and remain zero in recipes.)

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