



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

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



More: [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.

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.