



Apple Pie Cheesecake Bagel Bites



1/2 of recipe (4 bagel bites): 212 calories, 2g total fat (1g sat. fat), 596mg sodium, 35.5g carbs, 5g fiber, 10g sugars, 10.5g protein

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



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Ingredients

- 2 wedges The Laughing Cow Light Creamy Swiss cheese
- 1/2 cup whole-wheat flour
- 1 packet no-calorie sweetener
- 1 tsp. baking powder
- 1 1/4 tsp. cinnamon
- 1/4 tsp. nutmeg
- 1/8 tsp. salt
- 1/2 cup fat-free vanilla Greek yogurt
- 1/2 tsp. vanilla extract
- 1/4 cup finely chopped [freeze-dried apples](#)

Directions

- Preheat oven to 350 degrees. Spray a baking sheet with nonstick spray.
- Slice each cheese wedge into 4 pieces, for a total of 8 pieces.
- In a large bowl, combine flour, sweetener, baking powder, cinnamon, nutmeg, and salt. Stir until uniform. Add yogurt and vanilla extract. Thoroughly mix.
- Fold in chopped freeze-dried apples. Evenly form the dough into 8 balls (about 2 tbsp. each).
- Press an indentation into each dough ball, and fill with a piece of cheese. Seal dough around filling. Place on the baking sheet, evenly spaced.
- Spray with nonstick spray. Bake for 15 minutes, or until light golden brown.

MAKES 2 SERVINGS

Air-Fryer Alternative: Set air fryer to 360 degrees (or nearest degree). Add bagel bites in a single layer. Cook for 10 minutes, or until tops are light golden brown and insides are cooked through.

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