



Banana Bread Bagel Bites



1/2 of recipe (4 bites): 175 calories, 3g total fat (0.5g sat. fat), 455mg sodium, 39.5g carbs, 1.5g fiber, 4.5g sugars, 6.5g protein

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



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Ingredients

1/4 cup (about half a medium) mashed extra-ripe banana
1/4 cup low-fat cottage cheese
1/2 cup self-rising flour
1 1/2 tbsp. [natural no-calorie brown sugar substitute that measures like sugar](#)
1/4 oz. (about 1 tbsp.) finely chopped walnuts
1/2 tsp. cinnamon
Serving suggestions: light butter, [sugar-free pancake syrup](#)

Directions

Place banana and cottage cheese in a small blender or food processor, and puree until smooth. (You can skip this step if you don't mind the cottage cheese curds; just drain it first.)

In a large bowl, combine flour, sweetener, walnuts, and cinnamon. Mix well. Add banana/cottage cheese mixture. Mix until dough forms.

Shape dough into 8 balls, about 2 tbsp. each.

Spray an air fryer with non-aerosol nonstick spray. Place balls in the air fryer, and spray them with nonstick spray.

Set air fryer to 360°F. Cook until golden brown and cooked through, 13–15 minutes.

MAKES 2 SERVINGS

Oven Alternative: Bake at 400°F until golden brown, 16–18 minutes

HG Dough Tips: To prevent sticking, lightly dust your hands and work surface with flour and refrigerate dough for at least 15 minutes. The dough is easier to work with if you make it a day or two in advance.

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