



Air-Fryer Black Forest Bagel Bites



Entire recipe: 200 calories, 3g total fat (2g sat. fat), 23mg sodium, 35g carbs, 4g fiber, 10g sugars, 9g protein

Prep: 5 minutes **Cook:** 10 minutes



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Ingredients

1/4 cup whole-wheat flour
1 packet no-calorie sweetener
1/4 cup fat-free black cherry Greek yogurt
2 tsp. mini semi-sweet chocolate chips

Directions

Place flour and sweetener in a medium bowl. Add yogurt, and thoroughly mix with your hands until a dough-like texture is reached.

Fold in chocolate chips, and mix until uniform. Evenly form into 4 balls.

Set air fryer to 330 degrees (or nearest degree). Add bagel bites in a single layer. Cook for 8 minutes, or until tops are golden brown and insides are cooked through.

MAKES 1 SERVING

Oven Alternative: Bake at 350 degrees until golden brown, about 12 minutes.

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