



Blueberry Bagel Bites



1/2 of recipe (4 bites): 160 calories, 0.5g total fat (0g sat. fat), 348mg sodium, 30.5g carbs, 4.5g fiber, 6g sugars, 8.5g protein

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



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

Ingredients

1/2 cup whole-wheat flour
3/4 tsp. baking powder
1/2 cup fat-free blueberry Greek yogurt
1/4 cup freeze-dried blueberries

Seasonings:

1/2 tsp. cinnamon
1/8 tsp. salt

Optional toppings: light/reduced-fat cream cheese, light butter

Directions

Preheat oven to 350 degrees. Spray a baking sheet with nonstick spray.

In a large bowl, combine flour, baking powder, cinnamon, and salt. Mix well.

Add yogurt, and stir until uniform. Fold in freeze-dried blueberries. Evenly form into 8 balls, about each, and place on the baking sheet.

Spray with nonstick spray. Bake for 15 minutes, or until light golden brown.

MAKES 2 SERVINGS

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.