



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



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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

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