



Caramel White Chocolate Snowflake Bites

CARAMEL WHITE CHOCOLATE SNOWFLAKE BITES

1/4 of recipe (2 bites): 118 calories, 3.5g total fat (1g sat. fat), 233mg sodium, 24g carbs, 1g fiber, 6g sugars, 5g protein

[Click for WW Points® value*](#)

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

More: [Breakfast Recipes](#), [Vegetarian Recipes](#), [30 Minutes or Less](#), [Four or More Servings](#)

Ingredients

1/2 cup [BakeGood Almond Flour Blend](#)
1 1/2 tbsp. [BakeGood Granular Sweetener](#)
1 tsp. [BakeGood Aluminum-Free Baking Powder](#)
1/2 tsp. cinnamon
1/2 cup fat-free plain Greek yogurt
1 1/2 tbsp. light caramel dip
1 tbsp. white chocolate chips, crushed

Directions

In a large bowl, combine flour, sweetener, baking powder, and cinnamon. Mix well. Add yogurt. Mix until dough forms.

Shape dough into 8 balls, about 2 tablespoons each.

Spray an air fryer with nonstick spray. Place dough balls in the air fryer, and spray them with nonstick spray.

Set air fryer to 360°F. Cook until golden brown and cooked through, 8–10 minutes.

In a small microwave-safe bowl, microwave caramel dip for 15 seconds, or until hot.

Drizzle caramel over the bites, and top with crushed chips.

MAKES 4 SERVINGS

Oven Alternative: Bake at 350 °F until golden brown, 13–15 minutes.

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.