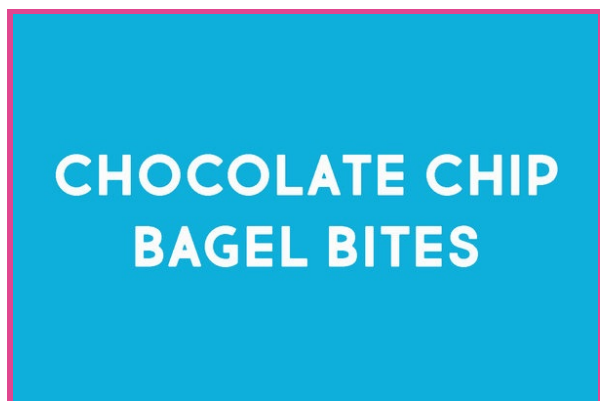




Chocolate Chip Bagel Bites



[Click here](#) to see Lisa make it on Facebook, and [click here](#) for YouTube!

1/2 of recipe (4 bites): 180 calories, 4g total fat (0g sat. fat), 338mg sodium, 22.5g carbs, 4g fiber, 8g sugars, 14g protein

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



Ingredients

1/4 cup powdered peanut butter ([get it on Amazon](#), or just double the flour!)
1/4 cup whole-wheat flour (or whatever kind you have on hand)
3/4 tsp. baking powder
1 packet no-calorie sweetener
Dash cinnamon
Dash salt
1/2 cup fat-free plain Greek yogurt
1/2 tsp. vanilla extract
1 tbsp. mini semi-sweet chocolate chips

Directions

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

In a large bowl, combine powdered peanut butter, flour, baking powder, sweetener, cinnamon, and salt. Mix well.

Add yogurt and vanilla extract, and mix until uniform. Fold in chocolate chips. Evenly form into 8 balls, about 2 tbsp. 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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