



Dill Pickle Bagel Bites



1/2 of recipe (4 bagel bites): 137 calories, 0g total fat (0g sat. fat), 826mg sodium, 24.5g carbs, 0.5g fiber, 2.5g sugars, 8.5g protein

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



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Ingredients

1/2 cup self-rising flour
1/2 tsp. dill pickle seasoning (like the kind by [Pork King Good](#))
1/4 tsp. dried dill
1/2 cup fat-free plain Greek yogurt
2 tbsp. chopped dill pickles, patted dry
Optional topping: whipped cream cheese

Directions

In a large bowl, combine flour, pickle seasoning, and dill. Mix well. Add yogurt and pickles. Mix until dough forms.

Shape dough into 8 balls, about 2 tablespoons each.

Spray an air fryer with a non-aerosol nonstick spray. Place bagel bites in the air fryer, and spray them with nonstick spray.

Set air fryer to 360°F (or the nearest degree). Cook until golden brown and cooked through, 8-10 minutes.

MAKES 2 SERVINGS

Oven Alternative: Bake at 400°F until golden brown, 12-14 minutes.

HG Tip: Use dill pickle seasoning by [Kernel Season's](#) or [Trader Joe's](#) for less sodium.

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