



Garlic Parm Pro-tzels



1/2 of recipe (1 pretzel): 165 calories, 2.5g total fat (1g sat. fat), 595mg sodium, 24.5g carbs, <0.5g fiber, 2.5g sugars, 9.5g protein

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



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Ingredients

1/2 cup self-rising flour
1/2 cup fat-free plain Greek yogurt
1 tbsp. baking soda
2 tsp. light butter, melted
1/4 tsp. garlic powder
2 tsp. grated Parmesan cheese, or more for topping

Directions

In a medium bowl, thoroughly mix flour with yogurt until dough forms. Shape dough into a ball, and cut in half.

Roll out each piece of dough into a long cylinder. Create a U-shape with one piece. Cross the ends and fold down towards the bottom of the U to make a pretzel shape. Gently press on the dough where it overlaps so it adheres to itself and the pretzel maintains its shape. Repeat with remaining dough to form a second pretzel.

In a medium pot, combine 3 cups water with baking soda. Mix well. Bring to a low boil.

Once boiling, remove pot from heat. Place one pretzel on a large spatula, and submerge it in the liquid for 30 seconds. Carefully remove the pretzel with the spatula, and transfer it to a plate. Repeat with remaining pretzel.

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

Set air fryer to 370°F. Cook until golden brown and cooked through, about 12 minutes.

Mix garlic powder into melted butter. Brush pretzels with garlic butter. Top with Parm.

MAKES 2 SERVINGS

HG Dough Tips: To prevent the dough from sticking, lightly dust your hands and work surface with flour. Before assembling the pretzels, refrigerate dough for at least 5 minutes. It's even easier to work with if you make the dough a day in advance.

Oven Alternative: Bake at 400°F until light golden brown and cooked through, 13–15 minutes.

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