



Hungry Girl's Stuffed Everything Bagel Bites



1/2 of recipe: 169 calories, 3g total fat (1.5g sat. fat), 448mg sodium, 27g carbs, 0.5g fiber, 3g sugars, 9.5g protein

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



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Ingredients

2 tbsp. light/reduced-fat cream cheese
1 tbsp. [Dash Everything But the Salt Seasoning Blend](#), divided
1/2 cup self-rising flour
1/2 cup fat-free plain Greek yogurt

Directions

In a small bowl, mix cream cheese with 1/2 tsp. Dash Everything But the Salt Seasoning Blend.

In a large bowl, combine flour and yogurt. Mix until dough forms.

Shape dough into 8 balls, about 2 tablespoons each. Press an indentation into each dough ball, and fill with cream cheese, about 3/4 teaspoon each. Seal dough around filling.

Top with remaining 2 1/2 tsp. Dash Everything But the Salt Seasoning Blend, and press to adhere.

Spray an air fryer with nonstick spray. Place bagel bites 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.

MAKES 2 SERVINGS

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

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