



## Air-Fryer Itty Bitty Everything Bagels



Entire recipe: 171 calories, 0.5g total fat (0g sat. fat), 505mg sodium, 25g carbs, 3.5g fiber, 2.5g sugars, 10g protein

**Prep:** 5 minutes    **Cook:** 10 minutes

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### Ingredients

1/4 cup whole-wheat flour  
1/4 cup fat-free plain Greek yogurt  
1 1/2 tsp. [everything bagel seasoning](#)

### Directions

Place flour in a medium bowl. Add yogurt, and thoroughly mix with your hands until a dough-like texture is reached.

Evenly form into 4 balls. Using your fingers, create a hole in the center of each ball to form a mini bagel shape.

Place everything bagel seasoning in a ramekin or small bowl. Press each mini bagel in the seasoning to coat the top.

Set air fryer to 330 degrees (or nearest degree). Add bagels in a single layer. Cook for 8 minutes, or until tops are golden brown and insides are cooked through.

MAKES 1 SERVING

**HG Tip:** Spray a little nonstick spray on your surface and your hands to make the dough easier to work with.

**Oven Alternative:** Bake at 350 degrees until golden brown, about 12 minutes.

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