



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

Green Plan [SmartPoints](#)® value 5*

Blue Plan (Freestyle™) [SmartPoints](#)® value 4*

Purple Plan [SmartPoints](#)® value 4*

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



Tagged: [Breakfast Recipes](#), [Vegetarian Recipes](#), [Single Serving](#), [5 Ingredients or Less](#), [30 Minutes or Less](#)

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.

[SmartPoints](#)® value* not what you expected? We follow the same method as Weight Watchers when calculating recipe values: We add up the [SmartPoints](#)® values* of the individual ingredients using the Recipe Builder. (Many foods have a value of zero and remain zero in recipes.)

*The [SmartPoints](#)® values for these recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by Weight Watchers International, Inc., the owner of the [SmartPoints](#)® trademark.