



Mediterranean Bagel Bites



1/2 of recipe (4 bagel bites): 203 calories, 2.5g total fat (1.5g sat. fat), 559mg sodium, 32g carbs, 5.5g fiber, 6g sugars, 13g protein

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



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Ingredients

1/2 cup whole-wheat flour
1 tsp. baking powder
1/2 tsp. garlic powder
1/4 tsp. dried oregano
1/8 tsp. salt
1/2 cup fat-free plain Greek yogurt
3 tbsp. chopped sun-dried tomatoes (not packed in oil)
2 tbsp. chopped fresh basil
3 tbsp. crumbled feta cheese

Directions

Preheat oven to 350 degrees. Spray a baking sheet with nonstick spray.

In a large bowl, combine flour, baking powder, garlic powder, oregano, and salt. Mix well. Add yogurt, sun-dried tomatoes, and basil. Stir until uniform.

Evenly form into 8 balls (about 2 tbsp. each). Press an indentation into each ball, and fill with feta. Seal dough around filling.

Place on the baking sheet, evenly spaced. Spray with nonstick spray. Bake for 15 minutes, or until light golden brown.

MAKES 2 SERVINGS

Air-Fryer Alternative: Set air fryer to 360 degrees (or nearest degree). Add bagel bites in a single layer. Cook for 10 minutes, or until tops are light golden brown and insides are cooked through.

HG Tip: If your sun-dried tomatoes come packed in oil, just rinse and pat dry.

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