



## Mixed Berry Sweet Rolls



1/2 of recipe (2 rolls): 168 calories, <0.5g total fat (0g sat. fat), 380mg sodium, 51g carbs, 1.5g fiber, 8g sugars, 7.5g protein

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



### Ingredients

1/2 cup self-rising flour  
1/2 cup fat-free vanilla Greek yogurt  
1/2 cup frozen mixed berries, roughly chopped  
1/2 tsp. cornstarch  
3 tbsp. natural no-calorie powdered sweetener (see HG FYI)  
1 1/2 tsp. unsweetened vanilla almond milk

### Directions

In a large bowl, mix flour with yogurt until dough forms.

Roll out dough into a large rectangle, about 7"x5" and 1/4-inch thick.

In a medium bowl, combine berries with cornstarch. Toss to coat.

Top dough with the berries, leaving a 1/2-inch border. Tightly roll up dough width-wise into a log, and pinch the seam to seal. Turn log seam side down, and cut into 4 rolls.

Spray an air fryer with nonstick spray. Place rolls in the air fryer, and spray them with nonstick spray.

Set air fryer to 360°F (or the nearest degree). Cook until light golden brown and cooked through, 10–12 minutes.

In a small bowl, mix sweetener with milk until uniform. Drizzle over rolls.

MAKES 2 SERVINGS

**Oven Alternative:** Bake at 400°F degrees until light golden brown and cooked through, 15–18 minutes.

**HG FYI:** Organic no-calorie powdered sweeteners (like the ones from [Lakanto](#) and [Swerve](#)) measure cup-for-cup like regular powdered sugar, a.k.a. confectioners sugar). Feel free to use an equal amount of powdered sugar instead.

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