



## Air-Fryer PB&J-agel Bites



Entire recipe (4 bagel bites): 194 calories, 1.5g total fat (0g sat fat), 210mg sodium, 33.5g carbs, 5g fiber, 8.5g sugars, 12.5g protein

**Green Plan [SmartPoints](#)® value 6\***

**Blue Plan (Freestyle™) [SmartPoints](#)® value 5\***

**Purple Plan [SmartPoints](#)® value 5\***

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

**Cool:** 15 minutes



More: [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 tbsp. powdered peanut butter (like [the kind by PB2](#))  
1 tbsp. low-sugar strawberry preserves (or any flavor!)

#### Seasonings:

1/4 tsp. cinnamon  
Dash salt

### Directions

In a medium bowl, combine flour, cinnamon, and salt. Mix well. Add yogurt, and thoroughly mix with your hands until a dough-like texture is reached.

Evenly form into 4 balls. Using your thumb, create a centered indentation in the top of each ball so that it resembles a little bowl.

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

Let cool completely, about 15 minutes.

In a small bowl, mix powdered peanut butter with preserves until smooth and uniform.

Fill the bagel bites with peanut butter mixture.

MAKES 1 SERVING

**Oven Alternative:** Bake at 350 degrees until golden brown, 10 - 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.