



## 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

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

**Cool:** 15 minutes



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### 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.

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