



Pepperoni Pizza Pretzel Nuggets



1/2 of recipe (4 nuggets): 193 calories, 3.5g total fat (2g sat. fat), 775mg sodium, 25g carbs, 0.5g fiber, 2g sugars, 14g protein

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Prep: 10 minutes **Cook:** 25 minutes



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Ingredients

1/2 cup self-rising flour
1/2 cup fat-free plain Greek yogurt
1/4 cup shredded reduced-fat Mexican-blend cheese
8 slices (about 1/2 oz.) turkey pepperoni, chopped
1 tbsp. baking soda
1 dash Italian seasoning
Optional dip: marinara sauce

Directions

In a medium bowl, thoroughly mix flour, yogurt, cheese, and chopped pepperoni until dough forms. Evenly form dough into 8 nuggets, about 2 tbsp. each.

Spray an air fryer with non-aerosol nonstick spray.

In a medium pot, combine 3 cups water with baking soda. Mix well. Bring to a low boil. Once boiling, remove pot from heat. Gently add 4 nuggets to the water, and let sit for 30 seconds. Carefully transfer the nuggets to the air fryer. Repeat with remaining nuggets.

Spray nuggets with nonstick spray, and top with Italian seasoning.

Set air fryer to 370°F. Cook until golden brown and cooked through, 10–12 minutes.

MAKES 2 SERVINGS

HG Dough Tips: To prevent the dough from sticking, lightly dust your hands and work surface with flour. Before assembling the pretzel bites, refrigerate dough for at least 5 minutes. It's even easier to work with if you make the dough a day in advance.

Oven Alternative: Bake at 400°F until light golden brown and cooked through, 14–16 minutes.

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