



# Pepperoni Pizza Stuffed Bagels



1/6 of recipe (1 bagel): 183 calories, 2.5g total fat (1.5g sat. fat), 590mg sodium, 25.5g carbs, <0.5g fiber, 2.5g sugars, 13g protein

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**Prep:** 20 minutes **Cook:** 20 minutes



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## Ingredients

1 1/2 cups self-rising flour 1 1/2 cups fat-free plain Greek yogurt 24 slices (about 1 1/2 oz.) turkey pepperoni 1/2 cup shredded part-skim mozzarella

#### Seasonings:

3/4 tsp. garlic powder 1/4 tsp. onion powder 1/4 tsp. Italian seasoning, or more for topping

Optional dip: marinara sauce

### Directions

Preheat oven to 400°F. Spray a <u>6-cavity donut pan</u> with nonstick spray.

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

Shape dough into six rectangles, each about 6"x4" and 1/4-inch thick.

Lay 4 pepperoni slices lengthwise down the center of each rectangle, followed by 1/6 (about 1 tbsp. + 1 tsp.) of the cheese. Tightly roll up each rectangle lengthwise into a log. Form into a bagel by bringing the two ends together and pinching them to seal. Carefully transfer bagels to the pan, gently pressing them down to fit into the cavities.

Spray bagels with nonstick spray. Bake until light golden brown and cooked through, about 18 minutes.

#### MAKES 6 SERVINGS

**HG FYI:** The cheese may ooze out of your bagels, but don't let that bother you!

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