



Strawberry Shortcake Bagel Bites



1/2 of recipe (4 bagel bites): 169 calories, <0.5g total fat (0g sat. fat), 460mg sodium, 56g carbs, 1g fiber, 7.5g sugars, 7.5g protein

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

Cool: 20 minutes



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Ingredients

1/2 cup self-rising flour
1/2 cup fat-free strawberry Greek yogurt
1/4 cup freeze-dried strawberries, crushed, divided
1/4 cup natural no-calorie powdered sweetener that measures like sugar
2 1/2 tsp. unsweetened vanilla almond milk
1 dash salt

Directions

In a large bowl, mix flour, yogurt, and 2 tbsp. freeze-dried strawberries until dough forms. Shape into 8 balls, about 2 tbsp. each.

Spray an air fryer with a non-aerosol nonstick spray. Place bagel bites in the air fryer, and spray them with nonstick spray.

Set air fryer to 360°F (or the nearest degree). Cook until golden brown and cooked through, 8–10 minutes.

Place a cooling rack over a baking sheet. Let bagel bites cool completely on the cooling rack, about 20 minutes.

In a medium bowl, combine sweetener, milk, and salt. Mix to a glaze consistency. For a thinner consistency, add more milk.

One at a time, dunk the tops of the bagel bites into the glaze, coating the tops. Return to the cooling rack, glazed sides up, and top with remaining 2 tbsp. freeze-dried strawberries. Allow glaze to set, about 10 minutes.

MAKES 2 SERVINGS

Oven Alternative: Bake at 400°F until golden brown, 12–14 minutes.

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

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