



Sweet Cinnamon Pretzel Bites



1/2 of recipe (4 pretzel bites): 120 calories, 0g total fat (0g sat. fat), 494mg sodium, 26g carbs, 2g fiber, 1.5g sugars, 3g protein

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Prep: 15 minutes **Cook:** 15 minutes



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Ingredients

- 1/2 cup self-rising flour
- 1 packet natural no-calorie sweetener
- 1/4 tsp. cinnamon
- 1/3 cup canned pure pumpkin
- 1 tbsp. baking soda

Directions

In a medium bowl, combine flour, sweetener, and cinnamon. Mix well. Add pumpkin. Mix until dough forms.

Evenly form dough into 8 balls, about 2 tbsp. each.

In a medium pot, combine 3 cups water with baking soda. Mix well. Bring to a low boil.

Once boiling, remove pot from heat. Carefully transfer the liquid to a medium-large bowl. Place pretzel bites on a large spatula, and submerge in the liquid for 30 seconds. Carefully remove the pretzel bites with the spatula, and transfer to a plate.

Spray an air fryer with nonstick spray. Place pretzel bites in the air fryer, and spray them with nonstick spray.

Set air fryer to 370°F. Cook until golden brown and cooked through, about 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, 13–15 minutes.

Wanna see how easy they are to make? [Click to watch!](#)

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