



Sweet Cinnamon Pro-tzel Bites & Dip



1/2 of recipe (8 bites with about 1 tbsp. dip): 176 calories, 2.5g total fat (0.5g sat. fat), 690mg sodium, 42.5g carbs, 1g fiber, 1.5g sugars, 9g protein

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Prep: 15 minutes **Cook:** 25 minutes



Ingredients

Pretzel Bites

1/2 cup self-rising flour
3 packets natural no-calorie sweetener, divided
1 1/2 tsp. cinnamon, divided
1/8 tsp. salt
1/2 cup fat-free plain Greek yogurt
1 tbsp. baking soda
2 tsp. light butter

Dip

1/4 cup natural no-calorie powdered (confectioners) sweetener that measures like sugar
2 1/2 tsp. unsweetened vanilla almond milk
1 dash salt

Directions

In a medium bowl, combine flour, 1 sweetener packet, 1/2 tsp. cinnamon, and salt. Mix thoroughly. Add yogurt, and mix until dough forms. Evenly form dough into 8 nuggets, about 2 tbsp. each.

In a medium pot, combine 3 cups water with baking soda. Mix well. Bring to a low boil. 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 an [air fryer](#) with [non-aerosol nonstick spray](#). Place nuggets 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.

In a small bowl, mix remaining 2 sweetener packets with remaining 1 tsp. cinnamon.

Brush dough with melted butter, and top with cinnamon sweetener.

Combine dip ingredients in a medium bowl. Mix to a glaze consistency. For a thinner consistency, add more milk.

MAKES 2 SERVINGS

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