



Brown Sugar Cinnamon Bagel Bites



1/2 of recipe (4 bites): 137 calories, 0g total fat (0g sat. fat), 381mg sodium, 38g carbs, 0.5g fiber, 2g sugars, 8.5g protein

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



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Ingredients

1/2 cup self-rising flour
2 tbsp. natural no-calorie brown sugar substitute that measures like sugar, divided
1/2 tsp. cinnamon
1/2 cup fat-free plain Greek yogurt
Optional topping: natural no-calorie powdered sugar substitute that measures like sugar

Directions

In a large bowl, combine flour, 1 tbsp. sweetener, and cinnamon. Mix well. Add yogurt. Mix until dough forms.

Shape dough into 8 balls, about 2 tbsp. each.

Top with remaining 1 tbsp. sweetener.

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

Set air fryer to 360°F (or the nearest degree). Cook until golden brown and cooked through, 12–14 minutes.

MAKES 2 SERVINGS

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

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