

Buffalo Chicken Cups

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Serves 24

Blue – 1=1 point, 2=2 points, 3=2 points, 4=3 points, 5=4 points

Purple – 1=1 point, 2=2 points, 3=2 points, 4=3 points, 5=4 points

Green – 1 point each

Dough Cups

- 1 cup self rising flour
- 3/4 cup Fat Free Greek Yogurt

Filling

- 1 1/4 cups shredded, cooked chicken breast
- 3 Tbsp Buffalo sauce
- 1 1/2 ounces reduced fat cream cheese
- 2 Tbsp Greek yogurt
- 1 1/2 ounces Cabot 75% reduced fat cheese or another other reduced fat cheddar
- 1/8 cup fat-free or reduced fat blue cheese or ranch dressing

Dough Cups

1. Preheat oven to 400.

2. Mix flour and Greek yogurt together until a dough forms. Knead about 20 seconds.
3. Weigh out dough ball and divide into 24 equal portions
4. Spray a mini muffin pan with non stick spray
5. Roll portioned dough into balls and place in muffin tin. Work dough down on bottom and up the sides to form a cup.
6. Bake at 400 for 7 minutes.

Filling

1. While dough cups are baking, start on filling
2. In a bowl, mix cream cheese and 2 Tbsp Greek yogurt. Add in hot sauce and chicken. Mix well.
3. Spoon about 1 tablespoon of filling into each dough cup.
4. Top with a very small amount of shredded cheese.
5. Return to oven and bake 10-12 minutes more until golden brown and cheese is melted
6. Remove from oven and cool 5 minutes. Top each with a little less than 1/4 tsp of fat-free or reduced fat blue cheese or ranch dressing. Serve immediately