

Ham and Cheese Stuffed Pretzels

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Serves 4-your points may differ depending on ingredients/brands. I recommend putting it in the recipe builder!

Blue – 4

Purple – 4

Green – 5

- 1 cup all purpose flour
- 2 tsp baking soda
- 1/2 tsp salt
- 3/4 cup non fat greek yogurt
- 8 slices deli ham, sliced thin (I use Krakus, it's zero points)
- 4 slices American cheese, sliced thin (I get mine sliced from the deli and ask for "sliced thin" and it is usually .25 oz, so it's 1 point). **shredded cheese does not work well
- 1/2 cup boiling water
- 1 Tbsp baking soda
- 1 tsp light butter, melted
- kosher salt
- mustard for dipping, if desired

1. Preheat air fryer to 325 or oven to 375.
2. In a medium bowl, combine flour, baking powder, salt and greek yogurt. Stir until well mixed. Knead for about 30 seconds to 1 minute. Set aside
3. Take 1 slice of cheese and roll it around two slices of ham. Repeat 4 times. Set aside
4. Divide dough into 4 equal portions.
5. Roll each portion out into a rectangle shape.
6. Place a ham roll up on dough and wrap dough around it. Sealing edges
7. Mix boiling water and baking soda in a shallow bowl.
8. Dip each dough log into water/baking soda mixture quickly, but coating the entire log.
9. Brush melted butter on dough log. Sprinkle with kosher salt.
10. If using air fryer, once it is preheated, line with parchment paper. If you do not have parchment, spray with non stick spray. Cook pretzel log in air fryer for 5-6 minutes, flipping over the last 2 minutes.
11. If using oven, place on a baking sheet sprayed with non stick spray and cook 12 minutes, turn over and cook an additional 5 minutes. Keep a close eye – times vary. Start checking at 8-10 minutes.
12. ***Remember, this is 2 ingredient dough posing as a soft pretzel, so it won't be exactly like one, but still delicious!**