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). **shreded 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.
- 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!**