Mummy Dogs (Dough wrapped hot dogs)

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Serves 8, 3 FSP per serving when using the ingredients listed

- 1 cup self rising flour **see note below
- 3/4 cup non fat Greek yogurt
- 8 hot dogs (I use 96% fat free Hebrew National or DIetz and Watson Gourmet light- they are both 1 FSP)
- 1. In a bowl, combine flour and yogurt. Mix well and then knead about 20 seconds.
- 2. Divide dough into 8 equal portions (I weight mine)
- 3. Roll out dough pieces into ropes and then flatten slightly
- 4. Wrap dough around the hotdog, mummy style. You can cover the whole hot dog, or leave some showing.
- 5. Place in a preheated 360 air fryer for about 10-12 minutes, checking on them and removing when golden brown. Or, bake in oven at 400 degrees for 15-18 minutes or until golden brown. Serve with mustard and ketchup to dip