

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