

Soft Pretzel Bites

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Makes 20 Bites

Blue – 5 bites = 1 point, 9 bites = 2 points, 13 bites = 3 points

Purple – 5 bites = 1 point, 9 bites = 2 points, 13 bites = 3 points

Green – 4 bites = 1 point, 8 bites = 2 points, 10 bites = 3 points

- 1/2 cup self rising flour
- 1/3 cup non fat greek yogurt
- 1 Tbsp baking soda
- 1/2 cup boiling water
- 1 tsp light butter
- kosher salt

1. In a mixing bowl, combine flour and yogurt until combined. Knead for 20-30 seconds
2. Divided dough into 2 balls.
3. On a floured surface, roll out dough into a rope using your hands.
4. Cut dough into 10 equal, bite sized pieces. Repeat with second ball of dough

5. In a small bowl, whisk boiling water into baking soda until baking soda is dissolved.
6. Quickly dip pretzel bites into baking soda mixture and set aside,
7. To cook in air fryer: Preheat air fryer to 325. Once preheated, line the basket with parchment paper. Place pretzels in and cook 7 minutes, flipping over the last 2 minutes.
8. To cook in oven: Preheat oven to 375. Place pretzels on a baking sheet and cook 12 minutes, turn and cook an additional 5. KEEP A CLOSE EYE – TIMES VARY!!! Start checking at 8-10 minutes.
9. When pretzels are done, brush with melted butter and sprinkle with kosher salt.
10. ***You can also toss them in a cinnamon sugar mixture!***