## 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!\*\*\*