

Single Serving Air Fryer Protein PopTart



TOTAL TIME

15 mins



COURSE

Breakfast, Dessert, Snacks



SERVINGS

1 serving

CALORIES

242 kcal

INGREDIENTS

Dough

- 2 Tbsp all purpose flour (or oat flour for GF)
- 2 Tbsp vital wheat gluten (or vanilla protein powder for GF)
- 1 tsp cold earth balance
- 1 Tbsp vegan vanilla yogurt
- 1 Tbsp ice cold water
- 1½ Tbsp low sugar strawberry jam

Frosting

- 1 tsp tofu cream cheese
- 1 tsp low sugar strawberry jam
- ½ tsp Truvia cane sugar blend (or other sweetener)

INSTRUCTIONS

1. In a small bowl, mix flour and vital wheat gluten.
2. Use two knives to cut in your cold butter as much as you can. When you've cut it as much as you can, use ONE clean hand to smoosh it all together until it is the consistency of coarse

sand.

3. Add your yogurt and continue to mix it in with your hand.
4. Add your ice water and do the same.
5. DO NOT OVER MIX. The dough should still be a little crumbly—not too wet.
6. Use a rolling pin and roll the dough out into your best rectangle shape, about 6 inches x 8 inches. (15.24cm x 20.32cm)
7. Cut the rectangle in half so you have two rectangles that are about 6 inches x 4 inches. (15.24cm x 10.16cm)
8. Add 1½ Tbsp low sugar jam to one rectangle and spread until about ¼ inch from the edges.
9. Place the other rectangle on top and crimp the edges together with a fork.
10. Place the poptart on a piece of parchment paper and put it in your air fryer at 370° for 10-12 minutes until golden brown.
11. While it's cooking, make your frosting. In a small bowl, add your tofuitti cream cheese. Microwave this for FIVE seconds. It makes it so much more stirable.
12. Add your jam and sweetener of choice. Set aside.
13. Remove the poptart from the air fryer and let cool a bit before adding your icing.

NUTRITION

Nutrition Facts

Single Serving Air Fryer Protein PopTart

Amount Per Serving	
Calories	242 Calories from Fat 54
% Daily Value*	
Fat	6g 9%
Carbohydrates	34.3g 11%
Protein	14g 28%

* Percent Daily Values are based on a 2000 calorie diet.



Tried this recipe?

Let us know how it was!