

Air Fryer Pizza Pockets



Nutritious pizza pockets? A dream come true with this recipe that contains twice as much fiber and protein as the classic store-bought versions.

Rediscover your childhood joy or delight your kids by serving this treat at home or in their lunchbox.

Pair them with a garden salad or simple raw veggies, and you're all set.

Enjoy your meal!

Preparation 20 min

Cooking 12 min

Servings 4

Nutrition Facts (per serving)

Calories 305

Fat 7

Carbohydrates 42

Fibre 4

Protein 18

Sodium 580

Ingredients

- 1 ball (about 300g) of pizza dough
- 10 ml (2 tsp) of ground psyllium
- 60 ml (¼ cup) of pizza sauce

- 125 ml (½ cup) of small broccoli florets
- 125 ml (½ cup) of light mozzarella cheese, < 20% M.F., grated
- 2 half bell peppers of various colours, diced
- ½ of a red onion, minced
- Pepper and salt, to taste
- 1 egg white, lightly beaten

Preparation

1. Using a rolling pin on a floured surface, roll out the dough to about 0.5 cm (¼ inch) thick.
2. Cut into eight 12 cm (3 ¾ inch) diameter circles.
3. Evenly spread the psyllium and pizza sauce over four of the circles, leaving a 1 cm (½ inch) border.
4. Top with the remaining ingredients, except for the egg white.
5. Brush the free border with the egg white. Place the remaining dough circles on top of the filling and seal the edges by pressing with your fingers.
6. Spray the pockets with cooking spray, then cook at 360°F (180°C) in the air fryer for 10-12 minutes or until they are golden brown.

Notes

Keeps for 5 days in the refrigerator, in an airtight container. Can be frozen for up to 3 months.



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