

Nutrition Facts

Servings Size: 1 Hot Pocket

Recipe Makes: 1 Serving

Amount Per Serving

Calories **303**

Total Fat 7g

Total Carbohydrate 25g

Protein 35g



Turkey, Avocado & Cheese Hot Pockets

INGREDIENTS:

- 2 Slices of Bread of your choice but I do recommend a fluffier type bread like a butterbread.
- 4oz Oven Roasted Deli Turkey Breast
- 14g 2% Colby Jack Cheese
- 10g Roasted Red Peppers
- 14g Avocado
- Egg Whites for Egg Wash

INGREDIENTS LOW CAL CHIPOTLE HONEY MUSTARD:

- 113g Plain Non Fat Greek Yogurt
- 42g Honey Mustard
- 3 Chipotle Peppers in Adobo
- Sea Salt
- Black Pepper
- Garlic Powder
- 30ml Water

1. Take a rolling pin and roll out your slices of bread as flat as you can get them.
2. Brush the inside edges of one of your slices of bread because this will be important so that it sticks with the top slice to seal your hot pocket.
3. Now add your cheese to the middle of that slice of bread. Then add your turkey, roasted red peppers, pickled red onions and avocado.
4. Brush the bottom edges of your other slice of bread which will be your top slice. This will also help it seal with the bottom slice.
5. Add the top slice and press down the edges to help seal the hot pocket. Then add brush more egg whites on the edges of the now hot pocket to help with the final crimping with your fork.
6. Now carefully crimp the edges of your hot pocket until all sealed. Use a pizza cutter to cut off the extra edges to make the hot pocket perfect rectangle.
7. Carefully transfer to your air fryer. Spray the top with non stick cooking spray. Air fry on 400 degrees F for 3-4 minutes or until golden. Then enjoy!

- For the Low Cal Chipotle Honey Mustard, just add all those ingredients into a small blender and blend till smooth