

Corn Dogs

THM-Friendly: S

- Make [All The Fried Things](#) batter
- 4-6 hot dogs (less than 2 grams of sugar per serving to remain on plan for Trim Healthy Mama)
- sticks or skewers for dipping
- [oat fiber](#) for coating the dogs (if you don't have this, don't sweat it, it's optional)

Mix all ingredients except hot dogs and pour into a **tall glass**.

Roll hot dogs in oat fiber to lightly coat.

Skewer the end of the dog on the stick for easy dipping.

Dip in the batter, rolling it around to well coat. Lay on parchment - I remove the sticks for cooking, but if you have soaked the sticks in water, you can leave them in.

Air fry at 390° for 5 minutes.

Top with yellow mustard (don't use ketchup like a crazy person) and high-five yourself because you just nailed DELICIOUS HEALTHY CORN DOGS.

enJOY!



<https://www.joyfullifewithkj.com/fairfood/corn-dogs>

