



## Protein Bagels

SERVINGS: 4

PREPPING TIME: 5 MINS

COOKING TIME: 25 MINS

### INGREDIENTS

1/2 cup low-fat Greek yogurt  
1/2 cup self-rising white flour  
1/2 cup oat flour  
2 tsp. baking powder  
1/8 tsp. salt  
1 egg white, beaten (for egg wash)  
Optional toppings: Everything bagel seasoning, sesame seeds, poppy seeds, dried garlic flakes, dried onion flakes

### DIRECTIONS

#### Air Fryer

1. In a medium bowl, combine the flour, baking powder, and salt. Whisk the dry ingredients together until well incorporated.
2. Add the yogurt to the dry mixture and blend using a fork or spatula until the texture resembles small crumbles.
3. Lightly dust a work surface with flour. Transfer the dough from the bowl onto the floured surface. Knead the dough several times until it becomes tacky but not sticky, approximately 20 turns. The dough should not leave residue on your hands when pulled away.
4. Divide the dough into 4 equal portions. Roll each portion into ropes about 3/4-inch thick. Join the ends of each rope to form bagels.
5. Brush the bagels with an egg wash and sprinkle both sides with the seasoning of your choice.
6. Preheat the air fryer to 280°F (140°C). Avoid overcrowding by baking in batches.
7. Transfer the bagels to the air fryer basket without overcrowding and bake for 15 to 16 minutes, or until they turn golden brown. There is no need to turn them during baking.
8. Allow the bagels to cool for at least 15 minutes before slicing and serving.

### NUTRITION

Serving size: 1 bagel  
(per serving) 150 calories, 2.5g fat, 1g saturated fat, 50mg cholesterol, 290mg sodium, 25g carbohydrate, 2g fiber, <1g sugar, 8g protein