



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

Oven

1. Preheat your oven to 375°F. Line a baking sheet with parchment paper or lightly grease it to prevent sticking.
2. In a mixing bowl, combine the Greek yogurt, flour, and baking powder. Stir until a dough forms. If the dough is too sticky, add a bit more flour until it becomes manageable.
3. Divide the dough into four equal portions. Roll each portion into a ball, then roll each ball into a rope shape, around 6 inches in length. Form a circle by bringing the edges together and pinch together. It should be the same size as a full-size bagel.
4. Place the formed bagels onto the prepared baking sheet. If desired, brush the tops of the bagels with beaten egg white and sprinkle with your choice of toppings.
5. Bake the bagels in the preheated oven for about 25 minutes, or until they are golden brown and cooked through.
6. Once baked, remove the bagels from the oven and allow them to cool slightly before serving. Enjoy your homemade protein bagels plain or with your favorite toppings.

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