



Easy Bagel Recipe



INGREDIENTS

- 1 cup unbleached all-purpose flour, whole wheat or gluten-free mix
- 2 teaspoons baking powder (make sure it's not expired, or it won't rise)
- $\frac{3}{4}$ teaspoon kosher salt (use less if using table salt)
- 1 cup non-fat Greek yogurt 1 egg white or whole egg (beaten)
- Optional toppings: everything bagel seasoning, sesame seeds, poppy seeds, dried garlic flakes, dried onion flakes

DIRECTIONS

1. In a medium bowl combine the flour, baking powder and salt and whisk well. Add the yogurt and mix with a fork or spatula until well combined, it will look like small crumbles.
2. Lightly dust flour on a work surface and remove dough from the bowl, knead the dough a few times until dough is tacky, but not sticky, about 15- 20 turns (it should not leave dough on your hand when you pull away).
3. Divide into 4 equal balls. Roll each ball into 3/4-inch thick ropes and join the ends to form bagels.
4. Top with egg wash and sprinkle both sides with seasoning of your choice.
5. Bake

Oven: Bake at 375F on the top rack for 25 minutes

Air Fryer: Airfry at 280F for 15-16 minutes or until golden.

Nutrition Information: Serving: 1cup,
Calories: 152kcal, Carbohydrates: 26.5g,
Protein: 10g, Fat: 0.3g, Sodium: 434mg, Fiber
1g, Sugar 2.5