

High Protein Bagels

INGREDIENTS

- 1 cup plain Greek yogurt (2%)
- 1 cup white whole wheat flour
- 1 teaspoon baking powder
- 1 large egg
- Asiago and parmesan cheese, rosemary sea salt

DIRECTIONS

1. Preheat the oven to 350F.
2. In a large bowl, mix together the Greek yogurt, flour, and baking powder until a dough forms. You will have to switch over to using your hands halfway through to knead it gently, incorporating all flour, until you form one ball of dough.
3. Divide the dough into 4 sections. Roll into 4 balls (or you can do 8 if you prefer a mini size) . Poke a hole through the middle of each ball of dough and form into a bagel shape. Place on a baking sheet.
4. In a small bowl, mix together the egg with about 1/2 tablespoon of water to form an egg wash. Brush the egg wash on the bagels and sprinkle your favorite seasoning on top.
5. Bake for 25 minutes, until the top is golden and the inside of the bagel is fully cooked. Let cool before slicing. Enjoy!