

Protein Bagels

Anyone who cuts bagels from their diet can not be trusted. Kidding. But really. Thanks to my sister, Aerial Carrillo, I was able to land this nutritious bagel recipe. These bagels are super easy and only 4 ingredients! They come packed with 11 grams of protein per bagel. Serve with a lite cream cheese spread, peanut butter, or smashed berries.

Ingredients:

1 ¼ cup	Self-rising flour
1 cup	Greek yogurt, plain, nonfat
1 tbsp	Milk
1 large	Egg, raw

Directions:

1. Preheat air-fryer to 350 degrees F or oven to 375 degrees F.
2. Mix flour and yogurt in a bowl until it creates a dough.
3. Take dough and separate into 4 balls. Use hands to shape each ball into circles with a hole in the center (bagel shape).
4. Make the “wash” by combining the milk and egg. Brush the wash over each bagel, then top with toppings (except cheese- add cheese at end)
5. Cook bagels in the air-fryer for 15 minutes. If using an oven, cook for 20-22 minutes then turn heat to 450 and cook for another 3-4 minutes or until browned. If topping with cheese, place the cheese on each bagel for last 5 minutes.

Nutrition Facts:

Servings: 4 bagels

Serving size: 1 bagel

Calories: 193 calories

FAT: 2 g

CHO: 31.5 g

PRO: 11.6 g