

# Easy Homemade Bagels

8 SERVINGS 55 MINUTES



## INGREDIENTS

2 cups Whole Wheat Pastry Flour  
1/4 cup Baking Powder  
1/2 tsp Sea Salt  
1 1/2 cups Non Fat Greek Yogurt  
1/4 cup Aquafaba...The Liquid From Chickpeas (Or Water)

## NUTRITION

### AMOUNT PER SERVING

Calories	150	Fiber	4g
Fat	1g	Sugar	5g
Saturated	0g	Protein	8g
Trans	0g	Cholesterol	2mg
Carbs	29g	Sodium	895mg

## DIRECTIONS

- 01 Preheat oven to 375F.
- 02 Cover baking sheet with parchment paper or silicon pad.
- 03 In a medium bowl, combine all dry ingredients (flour, baking powder, & salt).
- 04 Add yogurt into the dry ingredients. Mix together using a pastry cutter or fork until well combined.
- 05 Make the dough into a ball. Add a little flour or water if its too wet or dry.
- 06 On a lightly floured surface like a counter or cutting board, knead the dough 10 times. Form into a ball and flatten slightly. Cut into 6-8 pieces depending on the size of bagel you want.
- 07 Roll each individual piece into a log. Form into a circle by closing both ends together. Place on lined baking sheet and repeat with other pieces.
- 08 Brush formed bagels with aquafaba covering all exposed surface areas including the middle and sides.
- 09 Sprinkle with toppings: sesame seeds, poppy seeds, coarse ground salt, or everything bagel seasoning.
- 10 Bake 25 minutes on the top rack in your oven.
- 11 Remove from oven and place on cooling rack to cool. Once cool, store in an airtight container for 1-2 days. Or, freeze for up to 3 months.

## NOTES

### WHY AQUAFABA

Aquafaba is the liquid drained from chickpeas. It can be used as an egg substitute in recipes. In this recipe we are using it in place of egg whites as an "egg wash".

**VEGAN**

Use a plant based Greek yogurt.