



PROTEIN BAGELS

INGREDIENTS

ITEM

Plain Greek Yogurt
Self-rising Flour
Salt
Everything Bagel Seasoning (Optional)

QUANTITY

1 Cup
1 Cup
½ Tsp.

SERVING SIZE

4

PREPARATION

- 👉 Preheat oven to 375°F and line a baking sheet with parchment paper.
- 👉 Mix Greek yogurt, flour, and salt until a shaggy dough forms.
- 👉 Knead lightly on a floured surface for 1-2 minutes until smooth.
- 👉 Divide into 2-4 pieces and shape into bagels.
- 👉 Place on a baking sheet and sprinkle with seasoning if using.
- 👉 Bake 20-25 minutes until golden and firm to the touch.
- 👉 Cool slightly before slicing.