

Easy Bagels

Ingredients:

- 1 cup unbleached all-purpose flour, whole wheat or gluten-free mix*, (5 oz in weight)
- 2 teaspoons baking powder
- 3/4 teaspoon salt
- 1 cup non-fat Greek yogurt, not regular yogurt, it will be too sticky
- 1 egg white or whole egg, beaten
- optional toppings: everything bagel seasoning, sesame seeds, poppy seeds, dried garlic flakes, dried onion flakes



Directions:

1. Preheat oven to 375F. Place parchment paper on a baking sheet.
2. In a bowl, combine the flour, baking powder and salt. Add yogurt and mix until combined.
3. Spread light layer of flour on a work surface and knead the dough a few times until dough is tacky, but not sticky, about 15 turns.
4. Divide dough into 4. Roll each ball into 3/4-inch-thick ropes and join the ends to form bagels or make a ball and poke a hole in the center, stretching lightly.
5. Egg wash and sprinkle both sides with seasoning of your choice. Bake on the top rack of the oven for 25 minutes. Cool for at least 15 minutes.