

Greek Yogurt Bagels



Servings: 4

Ingredients

1 cup of all purpose flour (gluten free if needed)

2 tsp baking powder

1/2 tsp salt

1 cup greek yogurt (**PLAIN, NONFAT**) Note if you use lowfat or whole it will be too sticky!

1 Egg white

1 teaspoon of water

Optional toppings: Everything bagel seasoning, asiago cheese, jalapenos (sliced), sesame seeds, poppy seeds

Directions

In a bowl, combine the flour and yogurt until the dough begins to look like crumbles.

Lightly dust a countertop surface or large cutting board with flour. Transfer dough to the floured surface, and knead and turn the dough, using hands, until it is well combined and no longer sticky.

Cut into 4 equal pieces, roll into a ball and then poke finger through the middle and gently form into a ring. Place on cookie sheet lined with parchment paper or oiled or silicon mat.

Brush with egg white wash. Add toppings if desired.

Bake at 375 for about 15-20 minutes or until lightly golden on top.

Empower Bagels		
Nutrition Facts		
Serving Size	1 Serving	
Amount Per Serving		
Calories	160.1	
	% Daily Value*	
Total Fat	0.7 g	1 %
Saturated Fat	0.1 g	1 %
Trans Fat	0 g	
Cholesterol	3.1 mg	1 %
Sodium	574.5 mg	25 %
Total Carbohydrate	27.1 g	10 %
Dietary Fiber	1 g	3 %
Total Sugars	2.1 g	
Added Sugars	0 g	0 %
Protein	10.6 g	
Vitamin D	0 mcg	0 %
Calcium	210 mg	16 %
Iron	2.1 mg	11 %
Potassium	142.8 mg	3 %

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Full info at cronometer.com