



Two-Ingredient Bagels

Ingredients

2 cups Self-rising flour

1-2 cups Non-fat Greek yogurt

1 large egg

Pinch of salt

1 tsp water

Seasoning of choice (optional: sesame seeds, poppy seeds, garlic powder, flaky salt)

Directions:

1. Preheat oven to 375 F; Line a baking sheet with parchment paper
2. Combine 1 cup of yogurt with flour in a bowl until a dough forms; Add more yogurt to achieve a less sticky consistency; Sprinkle flour on a flat surface
3. Knead dough by hand for 5 min; Divide into 8 pieces; Shape into a ball and make a hole in the center using your thumb; Stretch into a uniform ring; Repeat for each; Place on a baking sheet; Brush with egg wash, made by whisking egg, salt, and water in a small bowl; Sprinkle any toppings or seasonings over the bagels
4. Bake for 20 min; Rotate baking sheet at halfway point; Increase temp to 450 F; Bake for 3-5 minutes until tops are golden; Serve warm or store in the fridge for up to 3 days

Cookware needed:

Baking sheet

Large bowl

Small bowl

Cost: 

Ease: 

Health Benefit: Greek yogurt is high in complete protein to support bone and muscle maintenance and help keep you fuller for longer.

Fare Meals
by Arielle