

2 Ingredient Dough Bagels

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1 bagel, 3 FSP

- 1 cup flour
- 2 tsp baking powder
- 1/2 tsp salt
- 3/4 cup fat free Greek yogurt (can use a bit less than 3/4 cup)
- 1 egg (beaten, for egg wash)

1. Mix flour, baking powder and salt in a large bowl.
2. Add Greek yogurt and stir well
3. Knead in the bowl for about 30 seconds.
4. Weigh out dough and divide into 4 equal pieces
5. Shape dough – you can roll dough into a rope and form into a bagel shape or just shape into a bun shape – this is my preference, it gives more “surface area” for cream cheese or sandwich fillings.
6. Brush each bagel with egg wash. Top as desired with sesame seeds, poppy seeds, Everything But the Bagel Seasoning or whatever you prefer.
7. AIR FRYER: Cook in air fryer at 325 for 12 minutes, turning over the last 3 minutes.
OVEN: Bake in oven at 375 for 25 minutes on the top rack on parchment paper or silicone baking mat. If using parchment paper, spray with non-stick spray.
8. Cool for 15 minutes. Slice and freeze. To use, microwave for 15 seconds and then toast.

This dough is VERY versatile and can be used for so many

things! More recipes will be added weekly!