

# Bagels – UPDATED!

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This recipe uses the dough recipe from Bizzy Kitchen (mybizzykitchen.com) – this is the only dough I use for my pizza and bagels now-it has completely replaced the traditional 2 ingredient dough – it is sooooo good! I can't believe how a little yeast and rising changes the texture and taste!

Makes 8 bagels

Blue – 3 points

Purple – 3 points

Green – 3 points

- 2 cups flour
- 1 Tbsp baking powder
- 2 tsp INSTANT DRY YEAST \*\*\* see notes below if using Active Dry Yeast
- 1/2 tsp salt
- 1/2 cup fat free Greek yogurt
- 1/2 cup water
- 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. Add water -start with 1/2 cup, add more if needed – only add a tablespoon at a time!
4. Knead in the bowl for about 30 seconds.
5. Cover and let dough rise in a warm place for at least an

hour, but the longer the better – I let mine go a few hours until it doubles in size \*\* see below how I create a warm place!

6. Weigh out dough and divide into 8 equal pieces
7. 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.
8. Brush each bagel with egg wash. Top as desired with sesame seeds, poppy seeds, Everything But the Bagel Seasoning or whatever you prefer.
9. 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.
10. Cool for 15 minutes. Slice and freeze. To use, microwave for 15 seconds and then toast.
11. \*\*Instant dry yeast is yeast that can be mixed right with the dry ingredients, it does not need to be proofed – one brand is SAF.

If you use active dry yeast, you should add it to the warm (115 degrees) water and let it sit and bubble for about 10 minutes and then add to dry ingredients

\*\*to create a warm place for dough to rise, preheat your oven to 200 for 1 minute 30 seconds. Do not let it get to 200 – only do it for 1 minute and 30 seconds! Turn oven off and put dough bowl in oven and let rise.