

2 Ingredient Dough Bagels

2 Ingredient Dough Bagels



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!

French Toast in a Mug

French Toast in a Mug



1 serving

2 points – Blue and Purple

6 points – Green

- 2 eggs
- 2 Tbsp unsweetened almond milk (or milk of choice (add points if need be))
- 1 tsp vanilla
- 1 tsp cinnamon
- 1 packet sweetener of choice
- 2 slices reduced calorie bread (torn into bite size pieces)

1. In a large microwave safe mug, beat eggs
2. Add milk, vanilla, cinnamon and sweetener. Mix well.
3. Add in bread. Stir well, making sure all bread gets coated and wet.
4. Microwave for 1 minute and 45 seconds. Let sit for 1 minute. Top as desired with syrup, redi whip or fruit. Add points accordingly.

***For Chai Spiced :In addition to cinnamon, add 1/2 tsp ground cardamom, 1/4 tsp ground cloves and 1/4 tsp nutmeg

****also delicious with some chopped berries added in before cooking!****

Chicken Ranch Bacon Bubble Up Casserole

Chicken Ranch Bacon Bubble Up Casserole



- 1 7.5 ounce refrigerated biscuits
- 12 ounces cooked chicken (shredded)
- 1 packet ranch dressing mix
- 3/4 cup 1% milk
- 5 ounces Cabot 75% reduced fat cheddar (shredded from block)
- 1/4 cup fat free sour cream
- 5 slices center cut bacon (cooked and crumbled)
- green onion (optional)

1. 6 servings, 5 FSP per serving.
2. Preheat oven to 350F. Spray a 9×13 dish with non stick spray.
3. Cut biscuits into 8 pieces each and spread over the bottom of the dish.
4. In a large bowl. mix chicken, ranch dip mix, sour cream, milk and 1/2 of the cheese.
5. Spread mixture carefully over the biscuits, covering the

entire pan. Top with remaining cheese, bacon and sliced green onion.

6. Bake for approximately 40 minutes or until biscuits are cooked through and golden brown.
7. Cut into 6 equal servings.

If you use different ingredients, adjust points accordingly!

Hello world!

Welcome to WordPress. This is your first post. Edit or delete it, then start writing!