

2 Ingredient Bagels



Ingredients

2 Ingredient dough

To make dough:

2 cups self-rising flour

1 – 2 cups 0% fat plain Greek yogurt

Egg Wash:

1 Egg

1 Tablespoon water

Pinch salt

Toppings: sesame, poppy, everything, garlic, onion

Utensils

Baking sheet

Parchment or Foil

Cooking spray

Pot Holder

Knife

If making dough- bowl and spoon

If making egg wash- bowl and whisk or fork



Recipe Instructions

Step 1: Preheat

Check to make sure nothing is in oven/air fryer

Preheat the oven to 400°

OR

Air Fryer to 375°

Step 2: Prep Tray

Place parchment paper or foil on baking sheet, spray with cooking spray

If you have the a kit **skip to step 4**

Step 3: Mix Dough/Egg

Mix flour and 1 cup yogurt with a spoon until ingredients look lumpy. Then mix with hands and kneed into large dough ball. You want the dough to be stretchy, add more yogurt if needed!!

In a separate bowl, mix egg, water and salt, whisk until mixed.

Step 4: Cut dough

Cut the dough into 8 equal parts and roll into balls.

Step 5: Form and wash

With your finger, poke a hole into the ball and spread dough into bagel shape. Place on baking sheet about 2 inches apart.

Brush egg wash on top and sprinkle toppings (different hand)

Step 6: Cook and Serve

Place in the oven for 10 minutes, turn half way and bake another 12 minutes

OR Air Fry for about 8 minutes or until golden brown!

Pull, cool and enjoy!!!!



Scan this QR code with your phone for an instructional video on how to make this recipe.

Kitchen Safety Tips: Always make sure nothing is in the oven before turning on. Remember to use an oven mitt and turn off when done. Let others know there is a hot surface!

Key: tsp- teaspoon TBSP- tablespoon, S and P – salt and pepper