



High protein bagel

Great breakfast bagel if you supplement with one whole egg and a couple of egg whites for a perfect macro friendly meal

Why You'll Love These Bagels

- Protein-packed – 10g protein per bagel!
- Calorie friendly – compared to other bagel options, these are by far the best macros.
- Simple ingredients – Any other low calorie bagel options will have weird

ingredients that aren't good for you. These recipe uses minimal better for you ingredients

- Super easy – no yeast, no rising, no boiling. Anyone can easily make these!
- One bowl + minimal mess
- Air fryer or oven friendly
- Perfect for breakfast or lunch sandwiches



Ingredients

Here's all you need to make these soft, chewy bagels:

- 1 cup all-purpose flour
- 1 ½ tsp baking powder
- ¼ tsp salt
- 1 cup plain nonfat Greek yogurt
- 1 egg
- 1 tbsp water
- Everything bagel seasoning (optional, but highly recommended!)

How to Make High Protein Bagels

1. Mix the dough

In a large bowl, stir together the flour, baking powder, and salt. Add in the Greek yogurt and mix until a dough begins to form.

2. Knead

Use your hands to bring the dough together into a ball. Lightly flour your countertop, then knead the dough for 2–3 minutes until smooth. Add a little extra flour if it's too sticky.

3. Shape the bagels

Slice the dough into 4 equal pieces. Roll each into a log and connect the ends to form a circle.

4. Egg wash & season

In a small bowl, whisk together the egg and water. Brush each bagel with the egg wash, then sprinkle with everything bagel seasoning or leave them plain.

5. Air fry or bake

- **Air Fryer:** Line the basket with parchment paper. Add the bagels (don't let them touch). Air fry at 350°F for 20 minutes, flipping halfway.
- **Oven:** Bake at 350°F for 30 minutes until golden brown.

6. Cool & enjoy!

Let the bagels cool slightly before digging in. Slice and toast, use as a sandwich base, or enjoy as-is!



Nutrition Info (per bagel)

- 153 calories
- 10g protein
- 26g carbs
- 1g fat

Tips & Substitutions

- **Greek yogurt:** Use plain *nonfat* Greek yogurt for the best texture and highest protein content.
- **Gluten free:** Try a 1:1 gluten-free flour blend if needed – just note the

texture may vary.

- **Don't skip the egg wash:** It gives that beautiful golden finish and helps the seasoning stick!
- **Want more flavor?** Add a dash of garlic powder or onion powder into the dough.