

Cream Cheese Filled Bagel Balls

Jacob · 28/09/2024

**Prep Time**

25 mins

Difficult

Medium

Servings

4

Description

These cream cheese filled bagel balls are perfect for breakfast and are super easy to make. The dough requires no yeast and is a healthier alternative to regular dough. Two ingredient dough is packed with protein thanks to the yogurt and is free of the preservatives and artificial ingredients found in many prepared doughs. Once made you can work with it immediately. That means you don't have to spend time waiting for the dough to proof before you make a meal.

Ingredients

- - 1 cup all-purpose flour
- or as needed - 2 teaspoons baking powder - ½ teaspoon salt
- or more to taste - 1 cup Greek yogurt - ½ cup cream cheese
- or as needed - 1 large egg - 2 teaspoons half-and-half - 2 teaspoons everything bagel seasoning
- or to taste - 1 tablespoon butter
- melted
- or as needed

Instructions

1. Preheat the oven to 450 degrees F (230 degrees C). Grease a baking pan. Mix 1 cup flour
2. baking powder
3. and 1/2 teaspoon salt together. Mix in Greek yogurt and knead until all flour is mixed in; if dough is sticky
4. add more flour. Cut dough into 8 equal pieces. Roll each piece into a ball and press each ball into a flat circle; they should look like mini pizzas. Scoop cream cheese into the center of each circle. Fold the edges up and pinch closed so you have a round ball of dough with cream cheese inside. Make sure you seal the edges so the cream cheese doesn't spill out during baking. Place seam side down on the prepared baking pan. Mix egg
5. half-and-half
6. and a pinch of salt in a small bowl. Brush egg wash on top of each dough ball and sprinkle with bagel seasoning. Bake in the preheated oven until golden brown
7. about 10 minutes. Remove from the oven and brush with melted butter before serving. Cook's Note: You can use milk instead of half-and-half.