

TwoIngredient Bagels

Jacob · 28/09/2024



Prep Time

15 mins

Difficult

Medium

Servings

45 mins

Description

These easy to make twoingredient bagels are tender soft and chewy You can use any combination of seeds for sprinkling eg everything bagel seasoning poppy seeds sesame seeds etc

Ingredients

- - 1 ¼ cups self-rising flour
- or more as needed - 1 cup plain whole-milk Greek yogurt - 1 tablespoon bagel seasoning blend (Optional) - avocado oil cooking spray (Optional)

Instructions

1. Line a baking sheet with parchment paper. Combine flour and yogurt in a large bowl and mixed until a soft dough forms. Turn out the mixture onto a lightly floured surface and knead the dough for 3 minutes. Divide dough into 4 equal pieces. Working with 1 piece at a time roll into a ball. From dough ball into a bagel shape
2. using your finger to create a small hole in the center. Set on the prepared baking sheet. Repeat with remaining dough. Allow the bagels to rest for 15 minutes. Spray with cooking spray and sprinkle with everything bagel seasoning. Preheat the oven to 350 degrees F (175 degrees C). Bake in the preheated oven until the bagels begin to brown
3. 20 to 25 minutes. Cook's Note: Allow your bagels to cool before cutting them so they hold their texture.