

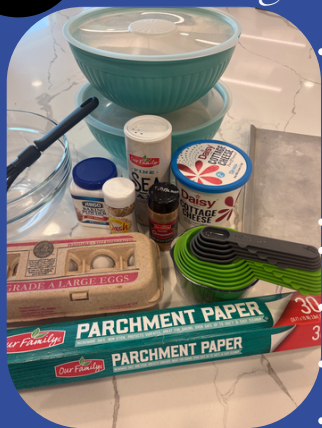
How To Make: *Cottage Cheese Bagels*



Before you start, preheat the oven to 375 degrees!

1

Gather Ingredients:



- Whole wheat flour and/or all purpose flour
- Sea salt
- Cottage cheese
- Baking powder
- Measuring cups
- 1 egg

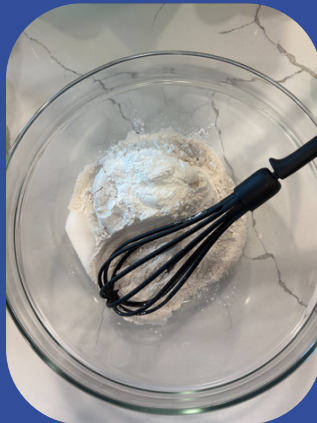
- Parchment paper
- Baking sheet
- Toppings of your choice: Everything bagel seasoning, sesame seeds, cinnamon sugar

Tip! You can use all purpose flour, almond flour, or a mixture of both!

2

Add Dry Ingredients

- Whisk together the following: 2 cups of all purpose flour, 1 TBSP + 1 tsp baking powder, 1 tsp salt

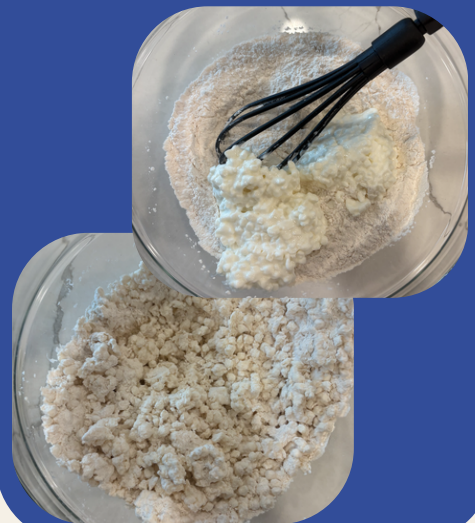


Remember! You can also use 1 cup of all purpose flour + 1 cup of whole wheat flour for more fiber!

3

Add Cottage Cheese

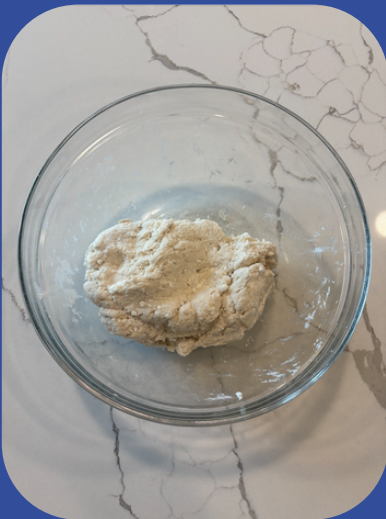
- Add 2 cups of cottage cheese. Stir until a shaggy dough forms.



4

Knead Dough

- Knead the dough in the bowl until smooth and elastic, about 2-3 minutes.



5

Make 8 Even Pieces

- Create 8 equal pieces of dough. You can cut them first to ensure they are even. They don't have to be perfect!



6

Form Into Bagel Shapes

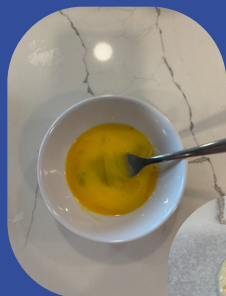
- Roll each piece into a rope and then form into a bagel shape, pinching the ends together. If the dough gets sticky, you can sprinkle some flour on the dough.



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7

Egg Wash



- Whisk 1 egg in a small bowl.

- Brush each bagel with egg wash. You can use a brush or your fingers.



8

Add Seasonings

- Sprinkle your favorite seasonings on top the bagels. You can use Everything But the Bagel, cinnamon, or sesame seeds.



9

Bake

- Bake at 375 for 22-25 minutes, or, until puffed up and golden.



10

Enjoy!

- After baking, it's best to let the bagels rest for 10-15 minutes to prevent crumbling. After cooling, they can be stored in a container or a Ziplock bag.



You can see the slight different in color between the bagels that are made with only all purpose flour, compared to the ones made with both types of flour.

All Purpose Flour Bagels

½ All Purpose Flour, ½ Whole Wheat Flour



Topping Ideas



- Peanut butter with bananas and cinnamon.
- Breakfast sandwich with eggs, spinach, and cheese.
- Avocado.
- Avocado and eggs.
- Greek yogurt and smoked salmon.
- Cottage cheese and tomatoes.

Nutrition

Per 1 Bagel:

Bagels Made With All-Purpose Flour:

- Fiber - 1g
- Protein - 9g
- Calories - 160kcal

Bagels Made with ½ All Purpose Flour and ½ Whole Wheat Flour:

- Fiber - 2g
- Protein - 10g
- Calories - 155kcal