

Easy Homemade Bagels

adapted from skinnytaste.com

PREP TIME: 15 minutes
COOK TIME: 25 minutes
REST TIME: 15 minutes
YIELDS: 8 bagels



INGREDIENTS:

- 2 cups (10 oz) unbleached all purpose flour
- 4 teaspoons baking powder, make sure it's not expired or it won't rise
- 1 teaspoon kosher salt, use less if using table salt
- 2 cups **non-fat Greek yogurt, not regular yogurt**, it will be too sticky. We use Fage 0% (comes in a light purple container)
- 1 egg beaten (to make top shiny and adhere toppings)
- 2 tablespoons of honey (optional)
- Optional toppings: everything bagel seasoning, sesame seeds, poppy seeds, cinnamon sugar

SUPPLIES:

Large mixing bowl, whisk, fork and/or spatula, baking sheet, parchment paper, small bowl for egg wash, plate for catching toppings

INSTRUCTIONS:

- Preheat oven to 375F. Place parchment paper or a silpat on a baking sheet. If using parchment paper, spray with oil to avoid sticking.
- In a medium bowl combine the flour, baking powder and salt and whisk well. Add the yogurt and the honey (if using it) on top of the yogurt and mix with a fork or spatula until well combined, it will look like small crumbles.
- Lightly dust flour on a work surface and remove dough from the bowl, knead the dough a few times until dough is tacky, but not sticky, about 15 turns (it should not leave dough on your hand when you pull away). You might need to add more flour as you knead to avoid stickiness.
- Divide into 8 equal balls. Roll each ball into 3/4-inch thick ropes and join the ends to form bagels. (or you can make a ball and poke a hole in the center then stretch it slightly)
- Top with egg wash and sprinkle both sides with seasoning of your choice. Bake on the top rack of the oven for 25 minutes. Let cool at least 15 minutes before cutting.
- Enjoy your fresh, warm bagels!

