



Delicious High-Protein Bagels

Golden, satisfying homemade bagels with Greek yogurt for an extra protein boost.

YIELD
6 bagels

PREP
20 min

BAKE
20-25 min

TOTAL
40-45 min



INGREDIENTS

- 2 1/4 cups (270 g) all-purpose flour, plus more for dusting
- 4 teaspoons baking powder
- 1 teaspoon kosher salt
- 1 1/2 cups (360 g) plain nonfat high-protein Greek yogurt
- 1 large egg white, lightly beaten
- Sesame seeds or everything-bagel seasoning, as desired*

DIRECTIONS

- 1 Center an oven rack and preheat the oven to 350°F. Line a baking sheet with parchment paper.
- 2 Whisk the flour, baking powder, and salt in a large bowl. Add the Greek yogurt and mix until a shaggy dough forms.
- 3 Transfer the dough to a lightly floured surface. Divide it into 6 equal portions, adding only enough flour to prevent sticking.
- 4 Roll each portion into a thick rope about 7 inches long. Join and firmly pinch the ends to form a ring. Arrange on the prepared pan and rest for 10 minutes.
- 5 Brush each bagel with egg white and sprinkle with sesame seeds or everything-bagel seasoning.
- 6 Bake for 20-25 minutes, until golden brown. Cool on a wire rack for at least 10 minutes before slicing. Toast if desired.

ESTIMATED NUTRITION

Per bagel (1/6 of recipe)

200
CALORIES

12 g
PROTEIN

37 g
CARBS

1 g
FAT

1 g
FIBER

SERVING & STORAGE NOTES

- Serve toasted, plain, or with your preferred spread or protein-rich topping.
- Store in an airtight container for up to 4-5 days, or freeze for longer storage.
- For best texture after freezing, thaw and toast before serving.

*Nutrition is an estimate based on 270 g all-purpose flour, 360 g plain nonfat high-protein Greek yogurt, and one egg white; optional toppings and serving spreads are not included. Values vary by brand, measurement, topping amount, and finished yield. This recipe is provided for general educational purposes only and is not medical or individualized nutrition advice. Consult a qualified healthcare professional for guidance appropriate to your health conditions, allergies, medications, and nutrition needs.