

2 INGREDIENT BAGELS

6 Servings

INGREDIENTS

1 1/2 cups self-rising flour

1 1/2 cups plain Greek yogurt

1 large egg, lightly beaten, optional

Toppings such as sesame seeds, dried onion flakes, or poppy seeds (optional)

DIRECTIONS

Step 1

Preheat the oven to 400 degrees F. Line 2 baking sheets with parchment.

Step 2

Stir the flour and yogurt together in the bowl of a heavy-duty stand mixer using a spoon until the dough just becomes crumbly. Use your hands to mix the dough to form a smooth ball; the dough will feel slightly sticky. Attach the bowl to the mixer and beat with the dough hook on medium speed until the dough pulls away from the sides of bowl and forms a smooth ball, about 5 minutes (be sure not to overmix as the dough will become sticky again).

Step 3

Divide the dough into 6 balls. Roll each ball into a 3/4-inch-thick rope, then pinch the ends together to form a circle. Place on the prepared baking sheets. If using, brush the top of each bagel with egg wash and sprinkle on the desired topping.

SHOPPING LIST

Self Rising Flour

Plain Greek Yogurt

Egg (optional)

Sesame seeds, Dried onion flakes, or Poppy seeds (optional)

Step 4

Bake until the bagels are golden brown on the outside, 18 to 20 minutes. Let cool about 15 minutes before serving.

NUTRITION

Calories: 185

Fat: 5g

Saturated Fat: 3g

Protein: 9g

Carbohydrates: 26g

Fiber: 1g

Sodium: 418mg

From: **Meals You Can Make with 7 Ingredients or Less.** 2020 Television Food Network, G.P.