

HOMEMADE AIR FRYER BAGEL

Prep Time 5 minutes // **Cook Time** 10 minutes

Makes: 8 servings **Serving:** 1 bagel | **Calories:** 160 cal

Carbohydrates: 27g | **Protein:** 10g | **Fat:** 2g | **Saturated Fat:** 1g | **Fiber:** 1g | **Sugar:** 2g

Equipment

- Air Fryer. Baking Powder. Mixing Bowls

Ingredients

- 2 cups unbleached all-purpose flour plus more for dusting work surface
- 1 tablespoon baking powder
- 1 teaspoon kosher salt
- 2 cups plain nonfat Greek yogurt
- 1 egg beaten

Instructions

1. In a bowl, measure and add the flour, baking powder, and salt. Whisk to combine.
2. Next, add in the non fat greek yogurt, stir with a wooden spoon or rubber spatula until combined. Shape dough into a ball and turn out onto a floured surface.
3. Divide the dough into 8 equal parts.
4. Roll each piece into a 8-10 inch rope and pinch edges together to make a bagel shape. Brush with beaten egg and sprinkle with your favorite bagel toppings.
5. Set the air fryer to 350F. Air fry bagels for 10-12 minutes or until golden.
6. Cool for 5 minutes before slicing.



Notes Bagel topping ideas:

- Everything bagel seasoning, Sesame seeds, Poppy seed
- Shredded cheddar or asiago cheese
- Always make the dough first, and then fold in any dried fruit or fresh!
 - I LOVE FOLDING IN BLUEBERRIES INTO MINE 😊 Soo good!

* * If you are diabetic, make sure you pair this with protein or fat, like scrambled eggs, or nuts!

If you are adding cream cheese, or peanut butter you are adding fat! 😊