

Low Carb Bagels

♥ lowcarblove.com/blog/low-carb-bagels

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Yields: 6 Bagels

Ingredients:

- 1.5 cup superfine almond flour
- 1 tbsp baking powder
- 1.5 cup mozzarella cheese
- 2 oz cream cheese
- 2 large eggs

Toppings:

- Sesame seeds
- Everything but the bagel seasoning

Directions:

1. Preheat the oven to 400 degrees F
2. Line a baking sheet with parchment paper.
3. Combine the shredded mozzarella and cream cheese in a large bowl. Microwave for 1-2 minutes, stirring halfway through.
4. Stir the almond flour, baking powder and eggs into the melted cheese mixture. Working quickly, knead with your hands until a dough forms. The dough will be very sticky, but keep kneading and squeezing through your fingers for a few minutes. At this point, a dough should form.
5. Divide the dough into 6 parts. Roll into a log with each part, then press the ends together to make a bagel shape. Place on your baking sheet.
6. Beat your last egg and add 1 tbsp of water in it. This is your egg wash and what will give it your golden brown color.
7. Add your toppings of choice, you can add sesame seeds, everything but the bagel seasoning or keep it plain.
8. Bake for 10-14 minutes, until the bagels are golden brown!
9. Add cream cheese or make a bagel sandwich and enjoy!

Nutrition:

Nutrition per bagel:

- Calories - 267
 - Fat - 22g
 - Protein - 13g
 - Net Carbs - 3g
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