

2 INGREDIENT BAGELS

These 2 ingredient bagels are simply made with self rising flour and non-fat Greek yogurt! Finish them with your choice of toppings.

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Prep Time 10 minutes

Cook Time 25 minutes

Total Time 35 minutes

Servings 8 bagels

Calories 151kcal

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Course Breakfast

Cuisine American

Keyword 2 ingredient bagel recipe, 2 ingredient bagels, weight watchers bagels



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INGREDIENTS

BAGEL DOUGH:

- 2 cups self rising flour
- 1 to 2 cups nonfat plain Greek yogurt (see Recipe Notes for tips)

TOPPINGS:

- 1 large egg
- pinch of fine sea salt
- 1 teaspoon water
- everything bagel seasoning mix, sesame seeds, poppy seeds, etc (all optional)

INSTRUCTIONS

1. Preheat the oven to 375 degrees F. Place parchment paper on a baking sheet. Lightly coat with cooking spray to prevent the bagels from sticking.
2. In a large bowl, use a sturdy spatula to combine the self-rising flour and 1 CUP OF THE YOGURT until the mixture clumps to a shaggy dough. Add additional yogurt until you have a good consistency that is not quite sticky. You may or may not need to add a full additional cup of yogurt to the dough. It depends on the moisture content of the yogurt you are using. Dump the mixture onto a lightly floured work surface. Knead the dough together by hand for about 5 minutes, until the dough is smooth and elastic. If your dough is sticky add more flour or use less yogurt. (see Recipe Notes below for tips).

3. Divide the dough into 8 equal parts. Shape each portion of dough into a ball. Use your thumbs to make a hole in the center of each ball. Gently pull and stretch until the dough is a uniform sized ring. Repeat with remaining rounds. Flour your hands as needed.
4. Arrange the shaped bagels on the prepared baking sheet. Mix together the egg wash by whisking the egg, salt, and water in a small bowl until smooth. Brush the egg wash mixture over the bagels. Sprinkle desired toppings over bagels.
5. Bake for 20 to 22 minutes, rotating the baking sheet midway through baking. Remove from the oven. Increase oven temperature to 450 degrees F. Return the baking sheet to the oven and bake for another 3 to 4 minutes until the tops of the bagels have browned.
6. Eat warm out of the oven, or let cool and store in a zip baggie or well-sealed container for up to 24 hours. If you keep them refrigerated, they should stay good up to 3 days. If you want to freeze them, wrap them individually and let them thaw before cutting open and toasting.

NOTES

- **To make homemade self-rising flour:** combine 2 cups all-purpose flour, 1 tablespoon baking powder, and 1/2 teaspoon fine sea salt.
- To make a bagel with more "chew," substitute bread flour for AP flour in homemade self-rising flour recipe listed above.
- **Use strained thick Greek yogurt.** Stay away from those that are labeled "Greek style" yogurt as they tend to have more moisture. Suggested brands include: Fage Total 0% Greek Yogurt and Stonyfield Greek Yogurt. If there is any liquid in your yogurt, it should be drained before using. Thick Greek yogurt works the best!
- The dough can also be mixed together in a stand mixer using a dough hook attachment. Add the ingredients to a mixing bowl and mix on low speed until a shaggy dough forms. Increase to medium speed and knead until the dough no longer sticks to the sides of the bowl.
- When rotating the baking sheet, check if the bottoms of the bagels are browning too fast. If so, simply place another baking sheet under the current baking sheet and continue baking.

NUTRITION

Serving: 1bagel | Calories: 151kcal | Carbohydrates: 24g | Protein: 9g | Fat: 1g | Saturated Fat: 0g | Cholesterol: 25mg | Sodium: 27mg | Potassium: 110mg | Fiber: 0g | Sugar: 1g | Vitamin A: 35IU | Calcium: 63mg | Iron: 0.4mg | Blue WW Smartpoints: 3 | Green WW Smartpoints: 4 | Purple WW Smartpoints: 3

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