



Dose  of Nutrition

Garlic & Herb Bagel

BY HUMA NAZ



4 servings



Total time:
30 mins.



Vegetarian

INGREDIENTS

- 1 cup whole wheat flour
- 1 cup plain nonfat Greek yogurt
- 1 tbsp. garlic powder
- 1 tbsp. dried parsley
- 1/4 tsp. salt
- 1 1/2 tsp. baking soda
- 1 whisked egg- used for egg wash
- 1 tbsp. sesame seeds

RECIPE NOTES

- You can store the donuts in room temperature for 1-2 days in an airtight container or in the freezer for 2-3 months in a sealed baggie. Reheat in the toaster or microwave.

PROCEDURE

- 01** Preheat the oven to 420°F and line a donut or regular baking sheet with parchment paper.
- 02** In 1 bowl, mix together the dry ingredients(all except sesame seeds): whole wheat flour, garlic powder, dried parsley, baking soda, salt. Then, add in the greek yogurt and mix with a utensil until a dough ball is formed.
- 03** Transfer the dough to a lightly floured surface and knead the dough for 1-2 minutes. Slice the dough into 4 equal parts. Lightly flour your hands and roll each section into about 7" strips and connect/pinch together the ends forming a bagel shape.
- 04** Transfer the bagels onto the sheet pan and lightly brush each bagel with egg wash. Sprinkle over sesame seeds and some extra parsley flakes. Bake for about 25 minutes or until the bagel is golden brown.
- 05** Once they are done, let them cool for about 20 minutes before serving.

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