



Nicole Osinga

Protein Bagels

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Fruits

- 1 Apple
- 1/2 cup Blueberries

Seeds, Nuts & Spices

- 2 tsps Cinnamon
- 2 tsps Everything Bagel Seasoning

Vegetables

- 1 Jalapeno Pepper

Boxed & Canned

- 1 tbsp Biscoff Cookie Butter

Baking

- 9 cups All Purpose Gluten-Free Flour
- 1/4 cup Baking Powder
- 2 tsps Dark Chocolate Chips
- 2 tsps Raisins

Bread, Fish, Meat & Cheese

- 1/3 cup Vegan Butter

Cold

- 6 cups High Protein Dairy Free Yogurt
- 1 oz Vegan Cheese Shreds



3 Ingredient Bagels - Everything Bagel

4 servings

15 minutes

Ingredients

- 1 1/2 cups All Purpose Gluten-Free Flour
- 2 tsp Baking Powder
- 1 cup High Protein Dairy Free Yogurt (I used Silk)
- 1 tbsp Vegan Butter
- 2 tbsps Everything Bagel Seasoning

Nutrition

Amount per serving	
Calories	294
Fat	8g
Carbs	50g
Fiber	9g
Sugar	2g
Protein	8g
Cholesterol	0mg
Sodium	626mg
Vitamin A	126IU
Vitamin C	0mg
Calcium	211mg
Iron	2mg

Directions

- 1 Preheat your oven to 375° F. Line a baking sheet with parchment paper.
- 2 Add your flour, baking powder, and high-protein yogurt to a large bowl. Stir the ingredients together until you get a scraggly dough. Dust your work surface with a little extra flour and dump the contents of your bowl on it. Shape the dough into a ball. If the dough is too sticky, add a little flour, 1 tablespoon at a time, until it becomes manageable.
- 3 Divide the dough into 4 roughly equal pieces. Roll them into balls. Use your finger, a chopstick, or a skewer to poke a hole in the center of each ball. Then, gently pull the dough outward to stretch the hole into roughly the size of a quarter. Place each bagel on top of your baking sheet. Add a 'wash' to your bagels (I melted a vegan butter) and add your topping - I used everything bagel seasoning.
- 4 Place your bagels in the oven on the top rack and bake for 20 minutes. Then, raise the temperature to 400° F and bake for an additional 5 to 7 minutes. If you used a wash, your bagels will be golden brown. Allow your bagels to cool for about 10 minutes. Enjoy!



3 Ingredient Bagels - Jalapeno Cheese

4 servings

15 minutes

Ingredients

- 1 1/2 cups All Purpose Gluten-Free Flour
- 2 tps Baking Powder
- 1 cup High Protein Dairy Free Yogurt (I used Silk)
- 1 tbsp Vegan Butter
- 1 Jalapeno Pepper (sliced)
- 1 oz Vegan Cheese Shreds

Nutrition

Amount per serving	
Calories	295
Fat	9g
Carbs	51g
Fiber	9g
Sugar	2g
Protein	8g
Cholesterol	0mg
Sodium	326mg
Vitamin A	164IU
Vitamin C	4mg
Calcium	211mg
Iron	2mg

Directions

- 1 Preheat your oven to 375° F. Line a baking sheet with parchment paper.
- 2 Add your flour, baking powder, and high-protein yogurt to a large bowl. Stir the ingredients together until you get a scraggly dough. Dust your work surface with a little extra flour and dump the contents of your bowl on it. Shape the dough into a ball. If the dough is too sticky, add a little flour, 1 tablespoon at a time, until it becomes manageable.
- 3 Divide the dough into 4 roughly equal pieces. Roll them into balls. Use your finger, a chopstick, or a skewer to poke a hole in the center of each ball. Then, gently pull the dough outward to stretch the hole into roughly the size of a quarter. Place each bagel on top of your baking sheet. Add a 'wash' to your bagels (I melted a vegan butter) and add your topping - I used sliced jalapeno peppers and shredded vegan cheese.
- 4 Place your bagels in the oven on the top rack and bake for 20 minutes. Then, raise the temperature to 400° F and bake for an additional 5 to 7 minutes. If you used a wash, your bagels will be golden brown. Allow your bagels to cool for about 10 minutes. Enjoy!



3 Ingredient Bagels - Cinnamon Raisin

4 servings

15 minutes

Ingredients

- 1 1/2 cups All Purpose Gluten-Free Flour
- 2 tsp Baking Powder
- 1 cup High Protein Dairy Free Yogurt (I used Silk)
- 1 tbsp Vegan Butter
- 1 tsp Cinnamon
- 2 tbsps Raisins

Nutrition

Amount per serving	
Calories	311
Fat	9g
Carbs	55g
Fiber	10g
Sugar	5g
Protein	8g
Cholesterol	0mg
Sodium	327mg
Vitamin A	128IU
Vitamin C	0mg
Calcium	220mg
Iron	2mg

Directions

- 1 Preheat your oven to 375° F. Line a baking sheet with parchment paper.
- 2 Add your flour, baking powder, and high-protein yogurt to a large bowl. Stir the ingredients together until you get a scraggly dough. Dust your work surface with a little extra flour and dump the contents of your bowl on it. Shape the dough into a ball. If the dough is too sticky, add a little flour, 1 tablespoon at a time, until it becomes manageable.
- 3 Divide the dough into 4 roughly equal pieces. Roll them into balls. Use your finger, a chopstick, or a skewer to poke a hole in the center of each ball. Then, gently pull the dough outward to stretch the hole into roughly the size of a quarter. Place each bagel on top of your baking sheet. Add a 'wash' to your bagels (I melted a vegan butter) and add your topping - I used cinnamon and raisins.
- 4 Place your bagels in the oven on the top rack and bake for 20 minutes. Then, raise the temperature to 400° F and bake for an additional 5 to 7 minutes. If you used a wash, your bagels will be golden brown. Allow your bagels to cool for about 10 minutes. Enjoy!



3 Ingredient Bagels - Chocolate Biscoff

4 servings

15 minutes

Ingredients

- 1 1/2 cups All Purpose Gluten-Free Flour
- 2 tsps Baking Powder
- 1 cup High Protein Dairy Free Yogurt (I used Silk)
- 1 tbsp Vegan Butter
- 2 tsps Dark Chocolate Chips
- 1 tbsp Biscoff Cookie Butter (melted)

Nutrition

Amount per serving	
Calories	361
Fat	13g
Carbs	56g
Fiber	9g
Sugar	6g
Protein	9g
Cholesterol	0mg
Sodium	343mg
Vitamin A	126IU
Vitamin C	0mg
Calcium	211mg
Iron	2mg

Directions

- 1 Preheat your oven to 375° F. Line a baking sheet with parchment paper.
- 2 Add your flour, baking powder, and high-protein yogurt to a large bowl. Stir the ingredients together until you get a scraggly dough. Dust your work surface with a little extra flour and dump the contents of your bowl on it. Shape the dough into a ball. If the dough is too sticky, add a little flour, 1 tablespoon at a time, until it becomes manageable.
- 3 Divide the dough into 4 roughly equal pieces. Roll them into balls. Use your finger, a chopstick, or a skewer to poke a hole in the center of each ball. Then, gently pull the dough outward to stretch the hole into roughly the size of a quarter. Place each bagel on top of your baking sheet. Add a 'wash' to your bagels (I melted a vegan butter) and add your topping - I used chocolate chips and melted Biscoff cookie butter.
- 4 Place your bagels in the oven on the top rack and bake for 20 minutes. Then, raise the temperature to 400° F and bake for an additional 5 to 7 minutes. If you used a wash, your bagels will be golden brown. Allow your bagels to cool for about 10 minutes. Enjoy!



3 Ingredient Bagels - Blueberry

4 servings

15 minutes

Ingredients

- 1 1/2 cups All Purpose Gluten-Free Flour
- 2 tsp Baking Powder
- 1 cup High Protein Dairy Free Yogurt (I used Silk)
- 1 tbsp Vegan Butter
- 1/2 cup Blueberries

Nutrition

Amount per serving	
Calories	304
Fat	9g
Carbs	53g
Fiber	9g
Sugar	4g
Protein	8g
Cholesterol	0mg
Sodium	326mg
Vitamin A	136IU
Vitamin C	2mg
Calcium	212mg
Iron	2mg

Directions

- 1 Preheat your oven to 375° F. Line a baking sheet with parchment paper.
- 2 Add your flour, baking powder, and high-protein yogurt to a large bowl. Stir the ingredients together until you get a scraggly dough. Dust your work surface with a little extra flour and dump the contents of your bowl on it. Shape the dough into a ball. If the dough is too sticky, add a little flour, 1 tablespoon at a time, until it becomes manageable.
- 3 Divide the dough into 4 roughly equal pieces. Roll them into balls. Use your finger, a chopstick, or a skewer to poke a hole in the center of each ball. Then, gently pull the dough outward to stretch the hole into roughly the size of a quarter. Place each bagel on top of your baking sheet. Add a 'wash' to your bagels (I melted a vegan butter) and add your topping - I used blueberries.
- 4 Place your bagels in the oven on the top rack and bake for 20 minutes. Then, raise the temperature to 400° F and bake for an additional 5 to 7 minutes. If you used a wash, your bagels will be golden brown. Allow your bagels to cool for about 10 minutes. Enjoy!



3 Ingredient Bagels - Apple Cinnamon

4 servings

15 minutes

Ingredients

- 1 1/2 cups All Purpose Gluten-Free Flour
- 2 tps Baking Powder
- 1 cup High Protein Dairy Free Yogurt (I used Silk)
- 1 tbsp Vegan Butter
- 1 tsp Cinnamon
- 1 Apple (cubed)

Nutrition

Amount per serving	
Calories	319
Fat	9g
Carbs	57g
Fiber	10g
Sugar	6g
Protein	8g
Cholesterol	0mg
Sodium	326mg
Vitamin A	152IU
Vitamin C	2mg
Calcium	220mg
Iron	2mg

Directions

- 1 Preheat your oven to 375° F. Line a baking sheet with parchment paper.
- 2 Add your flour, baking powder, and high-protein yogurt to a large bowl. Stir the ingredients together until you get a scraggly dough. Dust your work surface with a little extra flour and dump the contents of your bowl on it. Shape the dough into a ball. If the dough is too sticky, add a little flour, 1 tablespoon at a time, until it becomes manageable.
- 3 Divide the dough into 4 roughly equal pieces. Roll them into balls. Use your finger, a chopstick, or a skewer to poke a hole in the center of each ball. Then, gently pull the dough outward to stretch the hole into roughly the size of a quarter. Place each bagel on top of your baking sheet. Add a 'wash' to your bagels (I melted a vegan butter) and add your topping - I used apples and cinnamon.
- 4 Place your bagels in the oven on the top rack and bake for 20 minutes. Then, raise the temperature to 400° F and bake for an additional 5 to 7 minutes. If you used a wash, your bagels will be golden brown. Allow your bagels to cool for about 10 minutes. Enjoy!