



High Protein & Fibre Bagel Sandwiches

Osinga Nutrition

Nicole Osinga
nicoleosinga@gmail.com

Breakfast

- 1 tbsp Maple Syrup

Seeds, Nuts & Spices

- 1 tsp Chili Powder
- 1 tsp Garlic Powder
- 1/2 tsp Smoked Paprika
- 1 tsp Turmeric

Frozen

- 1/2 cup Frozen Edamame

Vegetables

- 1/4 stalk Celery
- 3/4 cup Mixed Greens
- 1 1/4 cups Red Onion
- 1 cup Salad Kit
- 2 Tomato

Boxed & Canned

- 2 cups Chickpeas

Baking

- 1/2 cup Chickpea Flour
- 1 tbsp Nutritional Yeast

Bread, Fish, Meat & Cheese

- 16 slices Queen Street Bakery Everything Bagel
- 8 ozs Tofu
- 2 tbsps Vegan Butter

Condiments & Oils

- 1 tbsp Balsamic Vinegar
- 1 tsp Capers
- 1 tsp Dijon Mustard
- 1/4 cup Pickle
- 2 tbsps Tamari
- 2 tbsps Vegan Mayonnaise

Cold

- 1/2 cup Hummus
- 2 ozs Vegan Cheese Shreds

Other

- 1 cup Water



Tofu, Lettuce & Tomato Bagel

2 servings

40 minutes

Ingredients

1 tbsp Tamari
 1 1/2 tsps Balsamic Vinegar
 1/2 tsp Chili Powder
 1/4 tsp Smoked Paprika
 4 ozs Tofu (cut into thin slices)
 2 tsps Vegan Mayonnaise
 4 slices Queen Street Bakery
 Everything Bagel (toasted)
 3/4 cup Mixed Greens
 1 Tomato (small, sliced)
 1/2 cup Red Onion (sliced)

Nutrition

Amount per serving	
Calories	395
Fat	17g
Carbs	45g
Fiber	8g
Sugar	8g
Protein	19g
Cholesterol	0mg
Sodium	976mg
Vitamin A	1173IU
Vitamin C	13mg
Calcium	270mg
Iron	4mg

Directions

- 1 Preheat the oven to 375°F (190°C). Line a baking sheet with parchment paper.
- 2 In a zipper-lock bag or shallow bowl, mix the tamari, balsamic vinegar, chili powder and paprika. Add in the tofu and let it marinate for 10 to 15 minutes.
- 3 Arrange the tofu in an even layer on the baking sheet. Bake for 18 to 20 minutes, flipping halfway through. Remove from the oven and set aside.
- 4 Spread the vegan mayo on one slice of bagel. Layer the mixed greens, tomato, onion and tofu. Close the bagel and enjoy!

Notes

Leftovers: This is best assembled before serving. Tempeh can be prepared and cooked in advance and kept in the fridge for up to four days.

Serving Size: One serving is one sandwich.

Gluten-Free: Use gluten-free bread.

No Mustard: Use mayonnaise instead.



Edamame Hummus Salad Bagel

1 serving
10 minutes

Ingredients

1/2 cup Frozen Edamame
1/4 cup Hummus (medium, mashed)
2 slices Queen Street Bakery
Everything Bagel (toasted)
1 cup Salad Kit (mixed)

Nutrition

Amount per serving	
Calories	608
Fat	30g
Carbs	61g
Fiber	17g
Sugar	7g
Protein	30g
Cholesterol	0mg
Sodium	581mg
Vitamin A	245IU
Vitamin C	5mg
Calcium	162mg
Iron	5mg

Directions

- 1 Cook the edamame in salted boiling water for three to four minutes. Set aside.
- 2 Blend together the edamame and hummus. Spread on bagel and top with the salad kit mix. Enjoy!

Notes

Leftovers: Do not open and mash the avocado until ready to serve. Refrigerate the cooked edamame in an airtight container for up to three days.

Serving Size: One serving is one piece of toast.

Additional Toppings: Sprinkle with chilli flakes.

Gluten-Free: Use gluten-free bread.

More Flavor: Top with olive oil or flavor-infused oil.



Vegan Egg Sandwich

2 servings
35 minutes

Ingredients

4 ozs Tofu
1 tbsp Tamari
1/2 tsp Chili Powder
1/4 tsp Smoked Paprika
1 1/2 tsps Balsamic Vinegar
2 tbsps Vegan Butter
1 cup Water
1/2 cup Chickpea Flour
1 tsp Garlic Powder
1 tbsp Nutritional Yeast
1 tsp Turmeric
1 Tomato (sliced)
1/2 cup Red Onion (sliced)
4 slices Queen Street Bakery
Everything Bagel

Nutrition

Amount per serving	
Calories	521
Fat	20g
Carbs	61g
Fiber	12g
Sugar	11g
Protein	27g
Cholesterol	2mg
Sodium	997mg
Vitamin A	1686IU
Vitamin C	12mg
Calcium	292mg
Iron	7mg

Directions

- 1 Preheat the oven to 375°F (190°C). Line a baking sheet with parchment paper.
- 2 In a zipper-lock bag or shallow bowl, mix the tamari, balsamic vinegar, chili powder and paprika. Add in the tofu and let it marinate for 10 to 15 minutes.
- 3 Arrange the tofu in an even layer on the baking sheet. Bake for 18 to 20 minutes, flipping halfway through. Remove from the oven and set aside.
- 4 Measure 1/2 a cup of the chickpea flour into a small bowl. Add in 1/2 a cup of water, garlic, nutritional yeast and turmeric. Whisk into a paste until smooth. Add in another 1/2 cup of water and spices and whisk again until smooth.
- 5 Heat 1 tablespoon of vegan butter or oil over medium-low heat in a large non stick pan or very well seasoned cast iron skillet. Once hot, add in half of the chickpea egg batter, swirling it to cover the entire bottom of the pan.
- 6 Cook for a full 10-15 minutes. You will know the vegan egg is ready when the top is no longer wet and the edges begin to lift. To test if it is ready, you can carefully stick a spatula under a small portion and test if it easily lifts. If it is still wet and mushy, continue cooking.
- 7 Cut the chickpea egg into 4 sections. Again, if the batter is wet and sticking to the spatula when you are cutting it into fourths, it is not ready. The spatula should cut through easily and cleanly. Remove from skillet and set aside.
- 8 Add another tablespoon of butter or oil into the pan as needed to prevent sticking and repeat steps 4-7 with second half of batter.
- 9 Build your breakfast bagel with the tofu bacon, chickpea egg, tomato and onion. Enjoy!



"No-Tuna" Salad Bagels

3 servings

10 minutes

Ingredients

2 cups Chickpeas
 3 tbsps Hummus
 1 tsp Dijon Mustard
 1 tbsp Maple Syrup
 1 tsp Capers (drained and loosely chopped)
 1/4 cup Red Onion (diced)
 1/4 stalk Celery (diced)
 1/4 cup Pickle (diced)
 2 ozs Vegan Cheese Shreds
 6 slices Queen Street Bakery Everything Bagel

Directions

- 1 Place the chickpeas in a mixing bowl and mash with a fork, leaving only a few beans whole.
- 2 Add hummus, mustard, maple syrup, red onion, celery, pickle and capers to mixing bowl. Mix to incorporate. Taste and adjust seasonings as needed.
- 3 Scoop a healthy amount of the chickpea mixture (about 2/3 cup) onto one bagel half and top with vegan cheese. Toast in the air fryer for 400 F. Add desired toppings and top with second slice of the bagel. Repeat for additional bagels.

Nutrition

Amount per serving	
Calories	514
Fat	13g
Carbs	78g
Fiber	16g
Sugar	15g
Protein	22g
Cholesterol	0mg
Sodium	776mg
Vitamin A	74IU
Vitamin C	3mg
Calcium	325mg
Iron	6mg