

Three Ingredient Bagels

Serves: 4

Prep time: 15 minutes

Cook time: 20 minutes



1 serve per portion

Ingredients

1 ¾ cups self-raising flour

1 cup reduced fat Greek yoghurt

1 egg, whisked well with 1 tablespoon of water for egg wash

To serve:

2 tomatoes, sliced

2 cups lettuce leaves

4 slices reduced fat cheese

1 avocado, sliced

Salt and pepper, to taste

Method

PREHEAT oven to 180°C and line a baking tray with baking paper.

COMBINE flour and yoghurt in a medium mixing bowl and mix well until fully combined.

FORM a ball of dough.

SPREAD 2 tablespoons of extra flour on a chopping board and knead dough until coated.

CUT dough into 4 equal pieces before rolling each piece into a thick sausage-like shape.

FORM 4 bagels by joining both ends of the rolled dough together.

PLACE bagels on the lined baking tray and brush with egg wash.

BAKE bagels in the oven for 20-22 minutes or until golden brown.

REMOVE from the oven and allow to cool.

CUT bagels through the centre. Add avocado, cheese, lettuce and tomato before serving fresh.



Everyday Food

Recipe courtesy of the Country Kitchens 2025 Country of Study Collection - Canada