

## 2 Ingredient Bagels



| Serves          | Prep Time | Cooking | Total Time | Calories        |
|-----------------|-----------|---------|------------|-----------------|
| <b>4 people</b> |           |         |            | <b>132 kcal</b> |

### Stuff that's in it:

- 128G Self Raising Flour
- 130G Fage 0% Fat Greek Yoghurt
- Egg Wash
- Optional (Poppy Seed, Sesame Seed)

### What you do:

Sieve your flour into a large bowl, add the fage and using a spatula or spoon, mix until it resembles large blobs, then using your hands, squeeze together into a ball. Tip out into a floured surface, shape into a solid ball then cut into 4 quarters. Roll each ball out into a sausage, you can roll between your fingers and palm and roll out using hands on work surface, until they are long sausages. Make each one into a circle and seal the ends by squeezing and pinching the ends together.

Lightly brush each one with egg wash, add seeds if you wish, add to a greased baking dish and bake for 22 minutes.

### Nutrition

- Carbs: 25g
- Fat: 1g
- Protein: 6.5g

