

# Protein Bagels

Protein bagel recipe by Vegan Proteins.



PREP TIME

20 mins

COOK TIME

20 mins

TOTAL TIME

3 hrs 40 mins



COURSE

Breakfast, Lunch, Snacks



SERVINGS

8 lg bagels

CALORIES

262 kcal

## INGREDIENTS

- 1 Tbsp active dry yeast
- 1.25 c hot water 110°F
- 3 Tbsp sugar
- 2 c all purpose flour
- 2 c vital wheat gluten
- 1 Tbsp olive oil
- 1 tsp salt
- 2 Tbsp optional toppings (garlic, everything seasoning, sesame seeds, etc)

## INSTRUCTIONS

### Step 1

1. Let the yeast, hot water and sugar sit for 5 min in a stand mixer bowls or large bowl until it is bubbly.
2. To this bowl, add flour, gluten, oil and salt.
3. Let mix on low speed with a dough hook for 8 min. OR mix until well mixed by hand and knead for 8 min.

4. Place a damp paper towel in the bowl with the dough, cover with plastic wrap and let rise in a dark, warm place for 2 hours or until at least doubled.

## Step 2

1. Punch the dough down and knead for 5 minutes.
2. Cut the dough into 8 equal pieces (or however many bagels you want.) and shape into balls.
3. Put on a cookie sheet, cover with plastic wrap and let rest for 20 minutes.
4. While this is resting, bring a large pot of water to a boil and add 1 tsp baking soda and preheat your oven to 350°F/175°C

## Step 3

1. Punch down each individual dough ball and squish all the air out.
2. Using your thumbs, poke a hole in the middle and shape it into a ring. The hole will shrink while cooking, so make it bigger than you want it!
3. One by one, boil the bagels for 20-30 seconds per side.
4. Remove with a slotted spoon from pot and place on parchment paper lined baking sheet, leaving room between bagels. \*\*\*If you are topping your bagels, you would want to gently press the bagels into a plate of topping (IE onion or garlic flakes etc) while they are wet and put them topping side up on the parchment paper.

## Step 4

1. Bake for 20 minutes. Let fully cool before slicing with a serrated bread knife.

## NUTRITION

Nutrition Facts	
Protein Bagels	
Amount Per Serving	
Calories 262	Calories from Fat 25
% Daily Value*	
<b>Fat</b> 2.8g	<b>4%</b>
Saturated Fat 0.3g	<b>2%</b>
Monounsaturated Fat 1.3g	
<b>Sodium</b> 17mg	<b>1%</b>
<b>Potassium</b> 0.2mg	<b>0%</b>
<b>Carbohydrates</b> 30.5g	<b>10%</b>
Fiber 2g	<b>8%</b>
Sugar 4.5g	<b>5%</b>
<b>Protein</b> 26g	<b>52%</b>
<b>Calcium</b> 20mg	<b>2%</b>
<b>Iron</b> 1.8mg	<b>10%</b>
* Percent Daily Values are based on a 2000 calorie diet.	



**Tried this recipe?**

Let us know how it was!