



BAGEL BOX PACK

A variety of protein bagels to start your day right.

3 Macro-Verified Recipes

ProteinBread | protein-bread.com

WHAT'S INSIDE

1. Simple Protein Bagels

18g protein

2. Cinnamon Raisin Protein Bagels

20g protein

3. Everything Protein Bagels

22g protein

Combined Shopping List

Pro Tips

Simple Protein Bagels

18g

Prep: 15 min

Cook: 20 min

Total: 35 min

Yield: 8 bagels

Difficulty: Medium

160

CALORIES

18g

PROTEIN

15g

CARBS

3g

FAT

INGREDIENTS

150g all-purpose flour

100g plain non-fat Greek yogurt

50g unflavored whey protein powder

2 tsp baking powder

1/2 tsp salt

1 egg white, beaten (for brushing)

Everything bagel seasoning
(optional)

INSTRUCTIONS

- 1 Preheat your oven to 375°F (190°C).
- 2 In a bowl, mix together the flour, Greek yogurt, protein powder, baking powder, and salt until a dough forms.
- 3 Knead the dough on a floured surface for a few minutes. Divide the dough into 8 equal pieces and roll each piece into a rope. Join the ends to form a bagel shape.
- 4 Place the bagels on a baking sheet lined with parchment paper. Brush the tops with the beaten egg white and sprinkle with seasoning, if desired.
- 5 Bake for 15-20 minutes, or until golden brown.
- 6 Let the bagels cool on a wire rack.

Cinnamon Raisin Protein Bagels

20g

Prep: 15 min

Cook: 20 min

Total: 35 min

Yield: 8 bagels

Difficulty: Medium

180

CALORIES

20g

PROTEIN

20g

CARBS

3g

FAT

INGREDIENTS

150g all-purpose flour

100g plain non-fat Greek yogurt

50g vanilla whey protein powder

30g raisins

2 tsp baking powder

1 tsp cinnamon

1/2 tsp salt

1 egg white, beaten

INSTRUCTIONS

- 1 Preheat your oven to 375°F (190°C).
- 2 In a bowl, mix together the flour, Greek yogurt, protein powder, baking powder, cinnamon, and salt. Fold in the raisins.
- 3 Knead the dough on a floured surface. Divide into 8 pieces and shape into bagels.
- 4 Place the bagels on a baking sheet lined with parchment paper and brush with the beaten egg white.
- 5 Bake for 15-20 minutes, or until golden brown.
- 6 Let the bagels cool on a wire rack.

Everything Protein Bagels

22g

Prep: 15 min

Cook: 20 min

Total: 35 min

Yield: 8 bagels

Difficulty: Medium

190

CALORIES

22g

PROTEIN

16g

CARBS

5g

FAT

INGREDIENTS

150g all-purpose flour

120g plain non-fat Greek yogurt

60g unflavored whey protein powder

2 tsp baking powder

1 tsp salt

1 egg white, beaten

2 tbsp everything bagel seasoning

INSTRUCTIONS

- 1 Preheat oven to 375°F (190°C).
- 2 Mix flour, yogurt, protein powder, baking powder, and salt to form a dough.
- 3 Knead briefly, then divide into 8 pieces and shape into bagels.
- 4 Place on a parchment-lined baking sheet, brush with egg white, and sprinkle with seasoning.
- 5 Bake for 15-20 minutes until golden.
- 6 Cool on a wire rack.

COMBINED SHOPPING LIST

DRY INGREDIENTS

- ☐ 150g all-purpose flour
- ☐ 50g unflavored whey protein powder
- ☐ 2 tsp baking powder
- ☐ 50g vanilla whey protein powder
- ☐ 60g unflavored whey protein powder

DAIRY & EGGS

- ☐ 100g plain non-fat Greek yogurt
- ☐ 1 egg white, beaten (for brushing)
- ☐ 1 egg white, beaten
- ☐ 120g plain non-fat Greek yogurt

OTHER

- ☐ 1/2 tsp salt
- ☐ Everything bagel seasoning (optional)
- ☐ 30g raisins
- ☐ 1 tsp cinnamon
- ☐ 1 tsp salt
- ☐ 2 tbsp everything bagel seasoning

PRO TIPS

Measure by Weight

For accurate macros, always use a kitchen scale. Volume measurements (cups, tablespoons) can vary significantly.

Protein Powder Tips

Different protein powders absorb liquid differently. If your batter is too thick, add liquid 1 tablespoon at a time. If too thin, add a bit more flour.

Storage

Store at room temperature for 2-3 days, refrigerate for up to 1 week, or freeze for up to 3 months. Thaw overnight in the fridge.

Meal Prep

Make a double batch on Sunday for the week ahead. Portion into containers for grab-and-go convenience.

Substitutions

Visit protein-bread.com for our interactive ingredient substitution tool that automatically recalculates macros when you swap ingredients.

Want More Recipes?

Visit us for more macro-verified breads recipes, interactive ingredient substitutions, and more free recipe packs.

protein-bread.com