



# BAGEL BOX PACK

A variety of protein bagels to start your day right.

3 Macro-Verified Recipes

ProteinBread | [protein-bread.com](https://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

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# 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

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- ☐ 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

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

## OTHER

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- ☐ 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](https://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](https://protein-bread.com)