

Nutrition Facts

Servings Size: 1 Bagel

Recipe Makes: 9 Servings

Amount Per Serving

Calories

45

Total Fat 1g

Total Carbohydrate 5g

Protein 4g



Pizza Bagel Bites

INGREDIENTS (make 9 bagels):

- 90g Self Rising Flour
- 16g Coconut Flour
- 200g Plain Non Fat Greek Yogurt
- 100g Egg Whites

* If using all purpose flour instead of self rising flour, make sure to add 6g baking powder and a pinch of salt since the self rising flour already has those two ingredients in it.

Rest of Toppings for 18 Bagel Bites:

- 180g Marinara Sauce
- 90g Part Skim Mozzarella
- Small Bunch of Basil
- 18 Turkey Pepperonis

1. Add your self rising flour and coconut flour to a bowl and mix. Then add your greek yogurt and egg whites to the bowl and mix till you have a thick batter like consistency.
2. Then evenly add the batter to your nine mini donut mold (got mine off amazon) and then make sure to smooth out the tops of the bagel batter so you get a smooth bagel.
3. Add them to an oven safe pan and and spray the tops with non stick cooking spray. Bake on 400 degrees F for 20-25 minutes or until tops of bagels are golden.
4. Then pop out the bagel from the molds, slice each bagel in half and cook for another 3 minutes on 400 degrees F with the side that was inside the mold facing up.
5. Now add your topping to each bagel and add back to the oven on 400 degrees F until the cheese starts to brown. Enjoy!