

Two-Ingredient Bagels

Two-ingredient bagels may sound too good to be true, but they are truly tasty, satisfying, and easy to make! It's rumored that this recipe started on WW's social network (formerly Weight Watchers) in 2017 as a point-friendly bagel alternative, and to this day, these so called "miracle bagels" are still trending as a popular breakfast option.

Ingredients

This recipe makes two bagels (two servings). For four bagels, simply double the ingredients.

- ½ cup self-rising flour*
- ½ cup non-fat plain Greek yogurt
- 1 egg, whisked (to brush bagels)
- Optional: Trader Joe's Everything but the Bagel Sesame Seasoning (or other toppings, as desired)

*No self-rising flour? No problem! Make your own by sifting 1 cup of all-purpose flour with 1½ teaspoons of baking powder and ½ teaspoon of salt.

Directions

- Pre-heat oven to 350°F.
- Prepare baking sheet with parchment paper or Silpat.
- With a wooden spoon, combine flour and yogurt in a large mixing bowl until the dough has thoroughly formed.
- Knead dough on a floured surface to continue forming a more dough-like consistency (smooth and tacky, but no longer sticky).
- Using a knife, cut dough into two equal parts. Roll each section into a "snake," and then pinch the ends together to form a circle.
- Place bagels on the prepared baking sheet, and brush with egg wash.
- Optional: Sprinkle on bagel seasoning or topping.
- Bake at 350°F for 23 minutes. Increase temperature to 500°F for an additional 2 minutes or until golden brown.

