

Two-ingredient Bagel Recipe

Makes 4 bagels

1 cup self-rising flour, plus more for kneading (alternatively, 1 cup all-purpose flour + 2 tsp baking powder)
1 cup plain fat-free Greek yogurt
1 egg white, lightly beaten

1. Preheat oven to 375°F and line a baking sheet with parchment paper.
2. Add self-rising flour (or flour and baking powder salt whisked together) to a large mixing bowl. Add the yogurt and use a spatula or wooden spoon to combine thoroughly.
3. Lightly flour a clean surface and empty the dough onto it (it will be sticky, so keep some extra flour nearby). Use well-floured hands to knead the dough for 3 to 5 minutes, until it's smooth and tacky but no longer sticky. Form into a round, and cut into four pieces.
4. Working with one piece at a time, roll each into a 6- to 7-inch snake, then pinch ends together to form a circle. Place on the baking sheet and repeat with remaining dough. Brush beaten egg white over the tops and bake for 25 to 30 minutes, until golden brown. Cool on a wire rack.