



Paleo Bagels

Active Time: 10 minutes | **Total Time:** 35 minutes | **Serves:** 4

Nutrition Information Per Serving

194.4 calories, 7.89 g carbohydrate, 4.13 g fiber, 3.76 g NET carbs, 8.72 g protein, 15.22 g fat

Ingredients

- 1 cup Bob's Red Mill Almond Meal/Flour
- 1/2 Tbsp(s) Bobs Red Mill Arrowroot Starch
- 1/4 tsp(s) Real Salt
- 1 Tbsp Bob's Red Mill Organic Coconut Flour
- 2 large(s) pastured eggs
- 1 Tbsp ground organic golden flaxseed
- 2 Tbsp(s) organic apple cider vinegar
- 1/2 tsp(s) baking soda

Preparation

1. Preheat oven to 350 F. Prepare a USA Pans Donut Pan by lightly greasing.
2. In a small bowl, sift together the dry ingredients.
3. In another small bowl, combine the wet ingredients, whisking well.
4. Add dry ingredients to wet and mix using a silicone spatula to form a thick batter.
5. Use a ladle to scoop batter by $\frac{1}{4}$ cupfuls and into greased circles. Sprinkle with toppings of choice.
6. Transfer to oven and bake 18-20 minutes or until golden and a toothpick inserted into the center comes out clean.
7. Let cool on a wire rack. Serve freshly baked or lightly toasted with toppings of choice (try our Paleo Cream Cheese!)
8. Store cooled bagels in an airtight container in the refrigerator.

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