



Easy Keto Bagels

Active Time: 10 minutes | **Total Time:** 30 minutes | **Serves:** 6

Nutrition Information Per Serving

321.8 calories, 8.06 g carbohydrate, 3.26 g fiber, 4.8 g NET carbs, 16.65 g protein, 26.24 g fat

Ingredients

- 8 ounce(s) organic whole mozzarella cheese
- 1 1/2 cup(s) blanched almond flour
- 2 ounce(s) organic cream cheese
- 3 tsp(s) non-aluminum baking powder
- 2 large(s) pastured eggs

Preparation

1. Preheat oven to 400 F. Line a baking sheet with parchment paper or lightly grease a bagel/donut pan.
2. Melt the cheeses. Place in a microwaveable container and microwave on high for 2 minutes, stirring after 1 minute. Alternately, melt in a double boiler over the stovetop. Stir until well incorporated.
3. Whisk the almond flour with baking powder.
4. Add the dry ingredients and eggs to the cheese mixture and stir to combine. Use your hands to knead the dough to a uniform consistency. It may seem like it will not combine – just keep kneading. If needed, you can microwave in 20 second bursts to soften.
5. Divide dough into 6 pieces. Roll each into a long log and pinch the ends together to make a bagel shape. Repeat with remaining dough.
6. Place on baking sheet or in prepared donut pan. Brush with water or egg white and sprinkle with toppings, if using.
7. Transfer to preheated oven and bake 11-14 minutes until golden and firm.

This free recipe cannot be redistributed without prior permission from MealGenius.com.
If you have obtained this recipe from any source other than MealGenius.com please contact us.