

# High Protein Everything Bagel

## **Ingredients!**

- 1/4 cup flour
- 1/4 tsp baking powder
- 1/4 - 1/2 cups flour
- Everything but the bagel seasoning

## **Instructions**

1. Start by adding flour, baking powder, and flour to a bowl. Mix until there is a doughy texture
2. Then, role the dough into the shape of a bagel. Top with a small amount of oil or egg brush and sprinkle the everything but the bagel seasoning on top (or you can leave it plain!)
3. Put in the air fryer or oven for about 10 minutes at 350 degrees F
4. This recipe makes one serving, but if you would to make more you can just double the recipe!