



Thinnamon Raisin Bagels



1/6th of recipe (1 bagel): 127 calories, 2g total fat (0.5g sat fat), 258mg sodium, 22g carbs, 3.5g fiber, 5g sugars, 6g protein

Freestyle™ [SmartPoints®](#) value 3*

Prep: 15 minutes **Cook:** 15 minutes

Cool: 10 minutes

Tagged: [Breakfast Recipes](#), [Meatless Recipes](#), [Four or More Servings](#)



Ingredients

3 tbsp. raisins, chopped
1 cup roughly chopped cauliflower or 3/4 cup [cauliflower rice](#)
1 cup whole-wheat flour
3/4 cup fat-free plain Greek yogurt
2 tbsp. light butter or light buttery spread, room temperature
2 tsp. baking powder
1 1/2 tsp. cinnamon
1/8 tsp. salt
Half a packet no-calorie sweetener (like Truvia)

Directions

Preheat oven to 450 degrees. Spray a [6-cavity standard donut pan](#) with nonstick spray.

Place chopped raisins in a small bowl, and cover with warm water. Soak until softened, 5 - 10 minutes. Drain excess liquid.

Meanwhile, pulse cauliflower in a food processor until reduced to the consistency of coarse breadcrumbs. (Even if you begin with cauliflower rice, don't skip this step!)

Place cauliflower crumbs in a large microwave-safe bowl. Cover and microwave for 2 minutes. Uncover and stir. Re-cover and microwave for another 2 minutes, or until hot and soft.

Transfer to a fine-mesh strainer to drain and cool, about 10 minutes.

Using a clean dish towel (or paper towels), firmly press out as much liquid as possible.

Return cauliflower crumbs to the large bowl. Add drained raisins, flour, yogurt, 1 tbsp. butter, baking powder, 1 tsp. cinnamon, and salt. Thoroughly mix until a dough-like texture is reached.

Evenly distribute dough into the rings of the donut pan (about 1/3 cup each). Use your hands to firmly form and flatten into 6 bagels.

Bake until tops are golden brown and insides are cooked through, 8 - 10 minutes.

In a small microwave-safe bowl, microwave remaining 1 tbsp. butter for 10 seconds, or until melted.

In another small bowl, mix remaining 1/2 tsp. cinnamon with sweetener.

Brush bagels with melted butter, and sprinkle with cinnamon mixture.

MAKES 6 SERVINGS

[SmartPoints®](#) value* not what you expected? We follow the same method as Weight Watchers when calculating recipe values: We add up the [SmartPoints®](#) values* of the individual ingredients using the Recipe Builder. (Many foods have a value of zero and remain zero in recipes.)

*The [SmartPoints®](#) values for these recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe

or its manufacturer or developer by Weight Watchers International, Inc., the owner of the [SmartPoints](#)® trademark.

Publish Date: December 20, 2017

Author: Hungry Girl

Copyright © 2018 Hungry Girl. All Rights Reserved.