



2-Ingredient Protein Bagels



1/2 of recipe (1 bagel): 150 calories, 1g total fat (0.5g sat. fat), 538mg sodium, 24g carbs, <0.5g fiber, 2g sugars, 9g protein

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Prep: 10 minutes **Cook:** 15 minutes



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Ingredients

1/2 cup low-fat cottage cheese
1/2 cup self-rising flour
Optional toppings: see below!

Directions

Place cottage cheese in a small blender or food processor, and puree until smooth. (You can skip this step if you don't mind the curds; just drain it first.)

Transfer to a large bowl. Add flour, and mix until dough forms. Shape dough into two bagels.

Spray an air fryer with non-aerosol nonstick spray. Place bagels in the air fryer, and spray them with nonstick spray.

Set air fryer to 360°F. Cook until golden brown and cooked through, 13-15 minutes.

MAKES 2 SERVINGS

Oven Alternative: Bake at 400°F until golden brown and cooked through, 16-18 minutes.

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