



Blueberry Protein Bagels



1/2 of recipe (1 bagel): 158 calories, 1g total fat (0.5g sat. fat), 27g carbs, 0.5g fiber, 3.5g sugars, 9g protein

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

Chill: 15 minutes



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Ingredients

1/2 cup low-fat cottage cheese
1/2 cup self-rising flour, plus more for dusting
1 packet natural no-calorie sweetener
1/4 cup blueberries, thawed from frozen, rinsed, and patted dry

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.)

In a large bowl, combine flour, sweetener, and blended cottage cheese. Mix until dough starts to form. Add blueberries, and gently mix until dough is uniform.

Refrigerate dough for 15 minutes.

On a floured surface, 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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