



DIY Everything Bagel Seasoning



1/10th of recipe (about 1 tsp.): 11 calories, 1g total fat (0g sat fat), 104mg sodium, 0.5g carbs, <0.5g fiber, <0.5g sugars, <0.5g protein

Green Plan [SmartPoints](#)® value 0*

Blue Plan (Freestyle™) [SmartPoints](#)® value 0*

Purple Plan [SmartPoints](#)® value 0*

Prep: 5 minutes



Tagged: [Recipes for Sides, Starters & Snacks](#), [Vegetarian Recipes](#), [30 Minutes or Less](#), [Four or More Servings](#)

Ingredients

- 1 tbsp. white sesame seeds
- 2 tsp. black sesame seeds
- 1 tsp. poppy seeds
- 1 tsp. dried minced onion
- 1 tsp. dried garlic flakes
- 1/2 tsp. coarse sea salt

Directions

In a small sealable container, mix ingredients until uniform.

Seal and store in a cool dry place.

MAKES 10 SERVINGS

For recipes made with everything bagel seasoning, [click here!](#)

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.