



Easy Everything Bagels



1/6th of recipe (1 bagel): 155 calories, 0.5g total fat (0g sat fat), 398mg sodium, 25g carbs, 3.5g fiber, 2.5g sugars, 10g protein

Green Plan [SmartPoints](#)® value 4*

Blue Plan (Freestyle™) [SmartPoints](#)® value 3*

Purple Plan [SmartPoints](#)® value 3*

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



Ingredients

3-Ingredient Dough

- 1 1/2 cups whole-wheat flour
- 3/4 tsp. baking powder
- 1 1/2 cups fat-free plain Greek yogurt

Seasonings & Toppings

- 1/4 tsp. salt
- 4 tsp. [everything bagel seasoning blend](#) (like the kind by Trader Joe's)
- 2 tbsp. (about 1 large) egg white or fat-free liquid egg substitute

Directions

Preheat oven to 450 degrees. Spray a baking sheet with nonstick spray.

In a large bowl, combine flour with baking powder. Season with salt and 2 tsp. everything bagel seasoning, and stir until uniform.

Add yogurt, and thoroughly mix to a dough-like texture.

Evenly form dough into 6 rings and place on the baking sheet, evenly spaced.

Brush with egg, and sprinkle with remaining 2 tsp. everything bagel seasoning.

Bake until golden brown and cooked through, about 15 minutes.

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.)

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