



## 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

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

**Cool:** 10 minutes

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### 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**

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