

## 2 INGREDIENT BAGELS



### 2-INGREDIENT BAGELS

1 cup plain Greek yogurt

1 cup self-raising flour or 1 cup all purpose flour + 1  $\frac{1}{2}$  teaspoon baking powder

$\frac{1}{2}$  teaspoon salt

1 egg, whisked

sesame seeds or poppy seeds (I used pumpkin and sunflower seeds)

Preheat oven to 180°C. Line a large baking tray with baking paper. In a large bowl add the yogurt and flour. Using a spoon or spatula, mix together until it begins to form a crumbly dough. Use your hands to push the dough together to form a ball.

The dough will be very sticky. You can use a mixer with a dough hook or you can knead by hand. Cover surface with flour and knead until the dough is tacky and no longer sticky. Divide the dough into 4 equal balls. Roll each ball out on lightly floured surface until it becomes a rope of about 2 cm thick. Try to make the rope as even and smooth as possible. Pinch the ends together to form a circle. Repeat with the remaining dough. Place the bagels on the baking tray. Brush with the egg wash. Sprinkle tops with the seeds. Bake for about 23 – 25 minutes or until cooked all the way through. Remove from the oven and turn up the heat to 200°C. Return the bagels to the oven and bake for a further 2 – 3 minutes until the tops are brown. Leave to cool for a few minutes.

Recipe and photo: Melissa Ann Vermeulen