

# [Keto Bagel Recipe](#)

☐☐ One of the biggest things people are concerned about when starting Keto is that they're going to miss bread. There are so many different Keto bread recipes... I absolutely LOVE this bagel recipe. SUPER Easy and so delicious. ☐ Lord! I had one today – sliced, and then slathered with [Grass Fed Ghee](#) and a little extra [Everything But the Bagel Seasoning](#). S0000 Good! And filling!!

## INGREDIENTS:

1 1/2 cup [Almond flour](#)

1 tbsp [Gluten-free baking powder](#)

2 1/2 Cups Mozzarella cheese (grated)

2 oz Cream Cheese

2 Large Eggs

[Everything But the Bagel Seasoning](#) or [Sesame Seeds](#) (optional)

## DIRECTIONS:

1. Preheat the oven to 400 degrees F. Line a baking sheet with [parchment paper](#) or a [silicone mat](#).
2. Stir the [almond flour](#) and baking powder together and set aside.

**3.** Beat the eggs with a fork in a separate small bowl – set aside.

**4.** Combine the mozzarella and cream cheese in a large bowl. Microwave for 2 minutes, stirring halfway through. Stir again at the end until well incorporated. Or to heat on the stove, use a double boiler over low heat, stirring frequently, until completely melted and easy to stir.

\*TIP\* Spray your spoon with [coconut oil cooking spray](#) to avoid the cheese sticking.

**5.** Stir the flour mixture and eggs into the melted cheese. Work quickly while the cheese is still hot. Knead with your hands until you have a dough. It will be very sticky, but knead together until everything is well incorporated.

**6.** Divide the dough into 6 parts. Roll in your hands to get some length with each part, then press the ends together to make a bagel shape on the lined baking sheet. Repeat with remaining dough. Spray lightly w/a little coconut cooking spray and then sprinkle the Everything But the Bagel Seasoning or Sesame Seeds and press into each bagel lightly.

**7.** Bake for 10-14 minutes, until the bagels are firm and golden. Keep an eye on them so they don't get too dark. (I missed the timer the first time I made them and they were a little darker than I would've liked – but still Oh So Delicious!)

\*Store in the refrigerator and slice to toast if you'd like it warm and crispy.



<b>Nutrition Facts</b>	
Servings 6.0	
<b>Amount Per Serving</b>	
<b>calories 343</b>	
<b>% Daily Value *</b>	
<b>Total Fat</b> 29 g	<b>44 %</b>
Saturated Fat 10 g	<b>48 %</b>
Monounsaturated Fat 9 g	
Polyunsaturated Fat 4 g	
Trans Fat 0 g	
<b>Cholesterol</b> 98 mg	<b>33 %</b>
<b>Sodium</b> 312 mg	<b>13 %</b>
<b>Potassium</b> 460 mg	<b>13 %</b>
<b>Total Carbohydrate</b> 7 g	<b>2 %</b>
<b>Dietary Fiber</b> 3 g	<b>12 %</b>
<b>Sugars</b> 2 g	
<b>Protein</b> 17 g	<b>33 %</b>
Vitamin A	<b>10 %</b>
Vitamin C	<b>0 %</b>
Calcium	<b>43 %</b>
Iron	<b>7 %</b>
<p>* The Percent Daily Values are based on a 2,000 calorie diet, so your values may change depending on your calorie needs. The values here may not be 100% accurate because the recipes have not been professionally evaluated nor have they been evaluated by the U.S. FDA.</p>	