



Joy Bauer's Skinny Cinnamon Raisin Bagels

CALORIES: 180

Regular bagels are typically made with refined white flour and have very little nutritional value. They also usually clock in around 450 calories — and that's before you even consider any of the toppings you spread on. Try my protein-packed, fiber-rich version! Each of these delicious bagels has a whopping 10 grams of protein, 5 grams of fiber and 180 calories. Now that's one delicious deal! For a plain or savory version, check out the recipe here.

INGREDIENTS

- 2 cups whole-wheat flour
- 2 cups nonfat plain Greek yogurt
- 1 tablespoon chia seeds
- 1 teaspoon kosher salt
- 1 tablespoon baking powder (not baking soda)
- 1/4 to 1/2 cup raisins
- 3 tablespoons packed brown sugar
- 1 tablespoon cinnamon

PREPARATION

1. Preheat oven to 350 degrees.
2. Combine the flour, baking powder, chia seeds and salt and mix well. Add the yogurt and mix until all of the flour is incorporated. Knead the dough with clean hands until it's dry and elastic, about 1 minute. Flour your hands first to keep the dough from sticking.
3. In a small bowl, mix the brown sugar and cinnamon until well combined, and then knead that mixture into the dough. Then, knead in the raisins until evenly distributed. Divide the dough into 8 even balls.
4. One at a time, roll each ball into one long rope (if it breaks apart, just squish it back together). Lay each log on the parchment paper and form into a circular shape, pinching the ends to complete a closed bagel. Repeat with all remaining pieces of dough.
5. Mist the tops of each bagel with oil spray and bake for about 25 minutes. They should be golden brown which finished and will smell like cinnamon bread.
6. Let cool before slicing and enjoy!