AMERICAN · BREAKFAST · SIDE

Keto Everything Bagels with Fathead Dough

30 min · Makes 6 × 1 bagel · 181 kcal a portion · Video 6:04 · Keto Connect

Vegetarian · Gluten-free ingredients

Cheese, egg and almond flour replace wheat: 2.6 g net carbs and 11 g protein a bagel, so it is steady on blood sugar, and a good source of calcium and vitamin E.

Diet notes: Keto (2.6 g net carbs a serve).

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Ingredients 6 · MAKES 6 × 1 BAGEL

- [ ] 170 g shredded **mozzarella**
- [ ] 28 g **cream cheese**
- [ ] about 75 g **almond flour**
- [ ] 1 tsp **baking powder**
- [ ] 1 **egg**
- [ ] **everything bagel seasoning**, to sprinkle (about 1½ tbsp)

Amounts in metric units, converted from the cook's and rounded — the video has the originals.

Contains: Egg, Milk, Tree nuts, Sesame. Check labels on stock, sauces and spice mixes.

Method TIMES = THE MOMENT IN THE VIDEO

1. Microwave the mozzarella and cream cheese in a bowl in two bursts of about 30 seconds until fully melted. 1:00
2. Stir the melted cheese with a fork, then add the almond flour, baking powder and egg and mix them in. 1:14
3. Finish mixing with your hands or a spatula into a smooth ball; if it gets too stiff to combine, microwave it for a few more seconds. 1:50
4. Line a baking tray with a silicone mat or baking paper. With wet hands, divide the dough into 6, roll each into a log and join the ends into a bagel ring. 2:13
5. Brush each bagel with a little water (oil makes the seasoning burn) and sprinkle the everything bagel seasoning over the tops. 3:17
6. Bake at 200 °C for 12–15 minutes until golden, then let them cool for 15–20 minutes so the almond-flour crumb sets. 3:51

> **Tip** Halve and toast them in a little butter. The cook suggests topping them with smoked salmon, peanut butter or just butter. No everything seasoning? Mix sesame and poppy seeds, dried garlic, dried onion and flaky salt.

The method is a summary in our words — the video shows every step.

One portion (1 bagel) gives you 1 OF 6 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
181 kcal	11 g	4.3 g	1.7 g	14 g	270 mg
760 kJ	22% of a day	2.6 g net · 1.1 g sugars	6% of a day	4.6 g saturated	12% of a day
		2% of a day		18% of a day	

Energy from net carbs 6% · protein 24% · fat 70% — fits keto: 2.6 g net carbs, 70% of the energy from fat

High in (20%+ of a day) Vitamin E 23% · Calcium 21%

Source of (10–19%) Selenium 15% · Vitamin B12 14% · Zinc 13% · Magnesium 11%

Recipe and video: Keto Connect (@KetoConnect) on YouTube — youtube.com/watch?v=QMFT1z9zQsQ, published 9 August 2018. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/keto-everything-bagels-fathead