



LOW CARB, GLUTEN-FREE BAGEL - KETO FRIENDLY

**Fresh and
Healthy:
Enjoy
Guilt-Free
Bagels
Every Day!**



Low Carb, Gluten-Free Bagel
Keto Friendly

This 2-Ingredient Protein Bread offers a healthier alternative to traditional wheat breads due to its high protein content and low carbohydrate profile. Made exclusively from powdered egg whites and cottage cheese, it provides a rich source of complete proteins, essential for muscle repair and overall body function. Unlike wheat breads, which can be high in refined carbohydrates and gluten, this bread is gluten-free, making it suitable for those with gluten sensitivities or celiac disease. Additionally, its simplicity and minimal ingredient list ensure there are no added sugars, preservatives, or unhealthy fats, offering a cleaner, more nutritious option that supports weight management, muscle building, and sustained energy levels throughout the day. This bread is also keto-friendly, as it contains no wheat or high-carb ingredients, making it ideal for those following a ketogenic diet. The combination of low carbohydrates and high protein aligns with the keto diet's requirements, helping you stay in ketosis while enjoying a versatile and satisfying bread alternative.



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Guilt-Free

&

Gluten-Free



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Ingredients:

- 2 3/4 cups almond flour
- 1 cup Greek yogurt
- 2 tablespoons apple cider vinegar
- 1/4 teaspoon salt
- *(Optional toppings: sesame seeds, poppy seeds, everything bagel seasoning)*

Instructions:

1. Preheat Oven:

- Preheat your oven to 375°F (190°C). Line a baking sheet with parchment paper or lightly grease it.

2. Mix Dry Ingredients:

- In a large mixing bowl, combine the almond flour and salt. Mix well to ensure the salt is evenly distributed.

3. Add Wet Ingredients:

- Add the Greek yogurt and apple cider vinegar to the dry ingredients. Stir until a dough forms. The mixture should be thick and slightly sticky.

4. Form Bagels:

- Divide the dough into 6 equal portions. Roll each portion into a ball, then shape into a bagel by poking a hole in the center and gently stretching it out to form a ring. Place each bagel on the prepared baking sheet.

5. Add Toppings (Optional):

- If desired, sprinkle your favorite toppings, such as sesame seeds, poppy seeds, or everything bagel seasoning, on top of the bagels.

6. Bake:

- Bake the bagels in the preheated oven for 25-30 minutes, or until they are golden brown and firm to the touch.



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**Healthy
Bagels,
Happy Life:
Deliciously
Nutritious!**



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Cool:

Remove the bagels from the oven and let them cool completely on a wire rack before slicing and serving.

Store the low-carb bagels in an airtight container at room temperature for up to 3 days, or in the refrigerator for up to a week to maintain freshness.

Enjoy!

Once cooled, slice the bagels and enjoy with your favorite low-carb toppings. These low-carb bagels are a delicious and healthy alternative to traditional bagels, perfect for those following a low-carb or keto diet. Enjoy them with cream cheese, avocado, or any topping of your choice.