

make 12 large bagels

INGREDIENTS

4 cup shredded cheese (mozzarella, cheddar, colby jack, parm etc... mix and match)
2.5 cups almond flour (I tend to go a bit more on the AF. We love THIS)
1 tbsp baking powder (We use THIS) OR 1/2 TBS of Baking Soda for a super fluff!
Seasonings to your liking (Garlic, salt, everything but the bagel seasoning!)
4 large eggs

INSTRUCTIONS

Preheat oven to 400
Spray tins with cooking spray (We use this coconut oil spray)
Mix all dry ingredients first THEN add eggs!
Flatten mixture evenly into tins (I use a sandwich bag to keep my hands clean)
Bake for 10 minutes if you want then slightly underdone to pop int he toaster
Bake for 12ish minutes for a crisper texture

Store in air tight container for up to a week in the fridge!

Carb totals below are per bagel!

5.6 TOTAL carbs

3.1 Net carbs



Nutrition Facts (per 1 Serving)	
Calories	280
Fat (g)	20.8
Saturated (g)	5.4
Polyunsaturated (g)	0.3
Monounsaturated (g)	0.6
Trans (g)	0
Cholesterol (mg)	82
Sodium (mg)	250.3
Potassium (mg)	26.3
Carbs (g)	5.6
Fiber (g)	2.5
Sugars (g)	0.9
Protein (g)	17.8
Vitamin A (%)	7.1
Vitamin C (%)	0
Calcium (%)	32.6
Iron (%)	6.6