



Recipe developed by Chef Paige Vondran

“MULTIGRAIN” BAGEL

	Ingredients	Exchanges
Protein	6.2 gm Bob’s Red Mill® soy flour	2 (+1.0 gm)
	8.6 gm egg whites, raw	0.5 (+0.5 gm)
	7.4 gm Bob’s Red Mill® hazelnut flour	1.2 (-3 gm)
Fat	20 gm mayonnaise	4
	8.5 gm butter (on top)	2 (-1.5 gm)
Other	Tiny pinch of baking soda	

DIRECTIONS

- Preheat oven to 350° F.
- Weigh the ingredients using a gram scale.
- In a small bowl, mix together the egg whites and mayonnaise.
- Using a small rubber spatula, stir in the hazelnut flour, soy flour, and baking soda until smooth.
- Grease a circular shaped bagel/donut pan or silicone mold with nonstick cooking spray.
- Scoop the mixture and evenly spread into the mold.
- Place in the preheated oven for 20-25 minutes until evenly baked and firm.
- Slice the bagels horizontally and top with butter.

VARIATIONS

- A great way to add carbohydrates to this recipe is to mix pureed strawberries and butter together, then spread over top of the bagel to create a jam.
- Raisins, ground cinnamon, and a few drops of liquid stevia could be added to create a cinnamon raisin bagel.
- This recipe can be stored in the freezer for up to two months in an airtight sandwich bag.