

How to make Homemade Bagels!!

Yield: 14 min
Total Time: 80 min

Recipe from: <https://www.recipeschoose.com/recipes/homemade-bagels-recipe-with-greek-yogurt>

Ingredients:

- 1 cup milk
- 3 tablespoons plain yogurt
- 1 cup flour
- 1 cup sourdough starter ingredients to make it are listed above
- 1 1/2 cups warm water
- 6 cups all-purpose flour
- 1/2 tablespoon active dry yeast
- 1 teaspoon honey
- 2 large egg
- 3 tablespoons olive oil
- sesame seeds optional
- poppy seeds optional
- bagels optional
- garlic optional
- onions optional

Nutrition:

1. Calories: 300 calories
2. Carbohydrate: 52 grams
3. Cholesterol: 30 milligrams
4. Fat: 6 grams
5. Fiber: 2 grams
6. Protein: 9 grams
7. SaturatedFat: 1 grams
8. Sodium: 50 milligrams
9. Sugar: 2 grams

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