

# 2 Ingredient Weight Watchers Bagels

Yield: 4 min  
Total Time: 35 min

Recipe from: <https://www.recipeschoose.com/recipes/healthy-bagel-recipe-greek-yogurt>

## Ingredients:

- 1 cup self-rising flour sift together the follow:
- 1 cup flour
- 1 1/2 teaspoons baking powder
- 1/2 teaspoon salt
- bagels To make
- 1 cup self rising flour
- 1 cup greek yogurt Fage Total %
- 1 egg for egg wash
- seasoning Trader Joe's Everything But the Bagel

## Nutrition:

1. Calories: 390 calories
2. Carbohydrate: 74 grams
3. Cholesterol: 60 milligrams
4. Fat: 4 grams
5. Fiber: 3 grams
6. Protein: 13 grams
7. SaturatedFat: 1.5 grams
8. Sodium: 1330 milligrams
9. Sugar: 3 grams

---

Thank you for visiting our website. Hope you enjoy 2 Ingredient Weight Watchers Bagels above. You can see more 17 healthy bagel recipe greek yogurt Unlock flavor sensations! to get more great cooking ideas.