

## Protein Bagels

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These **Protein Bagels** are dairy-free, egg-free, yeast-free bagels loaded with over 15g of natural protein, packed with fiber, healthy fats, and minerals.

You can find the full recipe, including tips, step-by-step photos, video, storage instructions, detailed allergy swaps, FAQ, and save at:

<https://www.theconsciousplantkitchen.com/protein-bagels/> or scan the QR code here



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Prep Time  
10 mins

Cook Time  
16 mins

Total Time  
26 mins

Servings: 6 bagels    Calories: 410.8kcal    Author: Carine Claudepierre

### Ingredients

- 1 can Chickpeas 15 ounces (425g) undrained (note 1)
- $\frac{2}{3}$  cup Soy Milk (note 2)
- 3  $\frac{1}{4}$  cups Self-Rising Flour (note 3)
- 2 tablespoons Light Olive Oil (note 4)
- $\frac{1}{2}$  teaspoon Salt (note 5)

### Add-Ins (note 6)

- $\frac{1}{4}$  cup Sunflower Seeds
- 2 tablespoons Pumpkin Seeds
- 1 tablespoon Chia Seeds
- 1 tablespoon Flaxseeds

### Topping

- 2 tablespoons Sesame Seeds

### Instructions

1. Preheat the oven to 400°F (200°C). Line a large baking sheet with parchment paper. Set aside.
2. If using seeds, add them all in a bowl, and stir to combine evenly. Set aside.
3. In a large mixing bowl, add self-rising flour and salt if used.
4. In a blender, add the can of chickpeas with its liquid, soy milk, and oil. Blend on high speed until smooth.
5. Pour the chickpea mixture onto the dry ingredients. Add seeds now if using.
6. Stir with a rubber spatula at first until it starts to form lumps. Oil your hands with a bit of olive oil, knead, squeeze, and press the ingredients until they form a dough ball. If the dough is too dry, add a little water to the soy milk it together. If it's too wet, sprinkle extra flour, but don't over-saturate the dough with flour. It should be soft and not sticky outside.
7. Divide the dough into 6 equal portions, shape a nice round ball, press to flatten between floured hands, then push your thumb in the center of the disc and swirl to form a bagel shape.
8. Transfer to the prepared baking sheet, leaving two inches of space between each bagel - they expand in the oven.
9. Brush the top of the bagels with a little soy milk, and sprinkle any seeds or bagel seasonings on top, if desired.
10. Bake the bread on the center rack for 20-25 minutes at 400°F (200°C) until golden brown and a toothpick inserted in the center of one bagel comes out clean.
11. Cool down on a wire rack and eat lukewarm or cold for breakfast.

## Notes

**Note 1:** Do not drain the can of chickpeas. Use all of it. A standard can is 15 ounces (425g). I haven't tried the recipe with raw chickpeas, and I can't recommend how much you will need. Chickpea flour won't be a suitable swap for chickpeas. You can swap canned chickpeas for a can (15oz) of black beans or lentils, but the color of the bagels will be unappealing.

**Note 2:** Or any milk you love, but soy milk contains the most protein.

**Note 3:** This is equivalent to 3 1/4 cups of all-purpose flour, in which you whisk 2 tablespoons of baking powder. It sounds like a lot, but it's what you need to raise the bagels!

**Note 4:** Or any light-flavor oil you love.

**Note 5:** Skip the salt in the batter if you intend to use bagel seasonings on top of the bagels. This prevents an overly salty bagel.

**Note 6:** Seeds are optional. They add 2 grams of protein per bagel. Feel free to swap any of the seeds for another seed you like more.

**Storage:** Store 2 days at room temperature, wrapped in a clean kitchen towel. Or freeze in Ziploc bags for up to 1 month and thaw at room temperature the day before eating.

**Flavors:** Feel free to add 1 teaspoon of garlic powder or any spices you love to the dry ingredients.

## Nutrition

Serving: 1bagel (without seeds) | Calories: 410.8kcal | Carbohydrates: 69g | Protein: 15.2g | Fat: 8.1g | Saturated Fat: 1.1g | Polyunsaturated Fat: 2.1g | Monounsaturated Fat: 4g | Sodium: 16.4mg | Potassium: 306.4mg | Fiber: 7.1g | Sugar: 3.7g | Vitamin A: 76.4IU | Vitamin B12: 0.3µg | Vitamin C: 0.9mg | Vitamin D: 0.3µg | Calcium: 78.4mg | Iron: 2.8mg | Magnesium: 55.3mg | Phosphorus: 193.4mg | Zinc: 1.7mg

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