



Healthy Keto with
Jim Colbourne

MOVING TO AN HEALTHIER LIFESTYLE

Everything Bagels

Carbquik

7g NET Carbs (Low Carb Keto)

Crave no more with these delicious Low Carb Keto Everything Bagels. Just 7g of net carbs will make you want to stock up. Great frozen so you never have to run out. We're using Carbquik in order to make this recipe as easy and simple as possible, with less ingredients to buy. Enjoy!

INGREDIENTS

Wet Ingredients

- 2 Egg Whites
- 4oz Cream Cheese (softened)
- 4oz Greek Yogurt



6 Servings - 1 serving = Cal 291g / Fat 21g / Carbs 21g / Net Carbs 7g / Protein 18g / Fiber 14g

Dry Ingredients

- 1 $\frac{3}{4}$ cup Carbquik Baking Mix
- $\frac{1}{4}$ cup Everything Bagel Seasoning
- 1 tsp Garlic Powder
- 1 tsp Onion Powder
- 1 tsp Baking Powders
- $\frac{1}{4}$ tsp Salt

Instructions:

1. Add all wet ingredients in a bowl and mix until cream cheese is without clumps.
2. In a second bowl add all dry ingredients and mix until all ingredients are blended together.
3. Add dry ingredients into the wet ingredients and mix until a dough is formed.
4. Used donut mold or Bagel Mold, Link in description of video or split into 6 equal portions and roll out 6 bagels. Add wax paper to cookie sheet and bake on 375F for 14-16mins. Do Not overcook if you want to use the toaster when you're ready to eat the bagels.
5. Great frozen, make egg, cheese and bacon bagel sandwiches. Enjoy!