



Almond Flour Bagels

Ingredients

- 1 1/2 cups almond flour, plus more as needed
- 2 tbsp flax seed meal
- 1 1/2 tsp baking powder
- 1 tsp baking soda
- 1 tsp salt, plus more for sprinkling
- 3 tbsp very cold butter (or use coconut butter)
- 2 eggs, lightly beaten
- Toppings: salt, sesame seed, poppy seed, dried minced onion, dried minced garlic.

Directions:

1. Preheat oven to 425 degrees F. Line a baking sheet with parchment paper and set aside.
2. In a mixing bowl, combine almond flour, flax seed meal, baking powder and soda and salt. Stir well.
3. Use a fork to cut the butter into the dry ingredients, until it is in tiny pieces. Stir in the eggs until a very sticky dough forms (you may need to add a bit more almond flour to be able to handle it). This mixing may also be done in a food processor.
4. Wet your hands lightly (this will make it easier to touch the dough without it sticking to you) and divide the dough into 6 (for medium-size bagels) or 12 (for mini bagels) equal pieces.
5. Still use wet hands to very gently shape the pieces into bagels and arrange them on the prepared baking sheet. Flatten them to about 3/4" (they will rise in the oven).
6. Place in the freezer for 15 minutes.
7. While the bagels are in the freezer, bring a medium pot of lightly salted water to a boil. Drop a bagel into the boiling water for 35-40 seconds, then remove it with a slotted spoon and return to the parchment paper. Repeat with remaining bagels.
8. Top the wet, boiled bagels with any topping desired and bake for 13-15 minutes, until slightly puffy and golden-brown on the edges.