

Homemade Bagels

Did you know that you can make your own fresh, delicious, whole-grain rich bagels at home? This recipe makes enough to share with family and friends, or to freeze extras.

Makes: 16 bagels

Ingredients

- 2 tablespoons sugar
- 1 tablespoon yeast
- 1 ½ cups warm water
- 2 cups whole wheat flour
- 1 ¼ cups all-purpose flour
- 1 teaspoon oil
- bagel seasonings of choice, such as cinnamon, sesame seeds, poppy seeds, everything bagel seasoning



Directions

1. In a bowl mix sugar, yeast, water, and flour together to make dough.
2. Rub inside of another bowl with oil. Place dough in bowl and flip to coat with oil. Cover with a clean dish towel and let rise 30 minutes.
3. Punch down dough and divide into 16 portions. Shape into a ball and make a hole through the middle with your fingers.
4. Place on a well-greased baking sheet and cover with a clean dish towel to rise again for 15-20 minutes.
5. Put 2 inches of water in a pot and heat to boiling.
6. Using a slotted spoon, gently place each bagel into a rapidly boiling water for 1 minute on each side.

7. Remove and briefly dry on a towel.
8. Before the tops are fully dry, place bagels back on a baking sheet and sprinkle with seasoning of choice.
9. Bake at 475°F for 8-12 minutes.

Recipe from: *Cooking For You or Two*, University of Wyoming Extension, Cent\$ible Nutrition Program, adapted by the USDA Food and Nutrition Administration.

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