

Low-Carb Bagels



Makes 8 bagels

Ingredients:

- 2 cups blanched almond flour
- 4 tablespoons flax meal
- 4 eggs
- $\frac{1}{3}$ cup apple cider vinegar
- $\frac{1}{4}$ cup sugar-free syrup*
- 1 tablespoon arrowroot or cornstarch
- 1 teaspoon baking soda
- $\frac{1}{4}$ teaspoon sea salt

Instructions:

1. Preheat oven to 350°F. Lightly grease a doughnut pan.
2. Place almond flour, flax meal, arrowroot, baking soda, and salt into a food processor. Process for about 1 minute. Next, add in the eggs, sugar-free syrup and apple cider vinegar. Process until mixture is completely blended.
3. Using a $\frac{1}{4}$ cup measuring spoon, carefully place the batter into the doughnut slots. Bake for 20 minutes. Remove the bagels and let them cool for 20 minutes.
4. Enjoy fresh or toasted. Store in the refrigerator.

Note:

*Such as Torani coffee syrup, vanilla flavor

Nutrition per bagel: Calories 226; Total Fat 18.2 g; Saturated Fat 2.0 g; Monounsaturated Fat 10.2 g; Polyunsaturated Fat 4.7 g; Total Carbohydrates 8.5 g; Dietary Fiber 4.0 g; Sugar Alcohols 0.1 g; Sugars 2.2 g; Protein 9.6 g; Sodium 266 mg