2-Ingredient Dough Air Fryer Blueberry Bagels

Description

Thereâ??s something special about making homemade bagels, but it can be an intimidating and timely job. This 2-ingredient dough makes it so quick and easy, youâ??ll look like a pro the first time you make them.

Prep Time: 15 mins Cook Time: 15 mins
Additional Time: 20 mins
Total Time:50 mins
Servings: 4
Yield: 4 bagels

default watermark

Ingredients

- â ? cup dried blueberries
- 1 Â¼ cups self-rising flour
- 1 cup non-fat plain Greek yogurt (such as FageÂ® Total 0%)
- 1 large egg, beaten
- 1 teaspoon water
- Â½ teaspoon cinnamon sugar

Directions

1. Place blueberries in a small bowl, and pour boiling water over them. Let sit for 5 minutes, and drain

2. Add flour, yogurt, and blueberries to a large stand mixer bowl. Using the dough hook, mix at low speed for about 3 minutes. If youâ??re using a KitchenAid mixer, use speed 3. Dough will be crumbly.

3. Transfer the dough to a lightly floured surface. Divide the dough into 4 equal balls, pressing, stretching, and rolling into ropes that are about 8 inches long, 3/4-inch thick. Connect the ends pinching into a bagel shape with hole in the middle.

4. Preheat an air fryer to 280 degrees F (137 degrees C) for about 3 minutes. Combine the egg and water, and brush on each bagel, then sprinkle with cinnamon sugar. Line the air fryer basket with

a parchment liner or lightly spray with cooking spray.

5. Place the bagels in the basket not touching, and cook until golden brown, 15 to 16 minutes. Donâ??t crowd the basket, and cook in two batches if necessary. Your time may vary depending on the size and brand of your air fryer.

6. Remove the bagels to a rack, and cool for about 10 minutes before slicing.

Cookâ??s Tip:

Dried blueberries may be found at AldiÂ®.

Nutrition Facts

default watermark

Calories273

Total Fat 2g
Saturated Fat 1g
Cholesterol 50mg
Sodium 548mg
Total Carbohydrate 54g
Dietary Fiber 3g
Protein 11g
Potassium 179mg

Category

1. Air Fryer Recipes

Date Created
07/04/2025
Author
rauf