Plain Keto Bagel

**Servings: 8 Prep Time: 2 hours Cook Time: 40 mins**

1 ¼ cup Vital Wheat Gluten

2/3 cup Lupin Flour

½ cup Oat Fiber

2-3 tbsp Confectioner Sweetener

1 tsp Salt

½ tsp Xanthan Gum

1 cup Hot Water (between 125-130**)**

**1 tbsp Instant Yeast**

**1 tsp Honey (to activate the yeast)**

**2 tbsp Butter, softened**

**2 Eggs, lightly beaten**

**1 Egg, for egg wash**

Special Equipment:

Kitchen Aid Stand Mixer

Start off with getting all of your dry ingredients: vital wheat gluten, lupin flour, oat fiber, confectioner sweetener, salt, and xanthan gum, mixed in a bowl then set the bowl aside.

In the bowl of your stand mixer, add hot water, yeast, and honey. Using the paddle attachment, let mix for 30 seconds. Next, add the butter and eggs, then mix for another 30 seconds.

Add your dry ingredients to your wet and on low speed, allow the ingredients to combine together fully. Once the dough has formed, stop the mixer and change the attachment to the dough hook. Now knead the dough for 7 minutes.

After the dough has finished kneading, remove it and cut it into 8 equal parts. Roll each piece into a ball, placing them on a parchment-lined cookie sheet and let them rise for 45 minutes to 1 ½ hour. You want to let them rise until they are about ½ their original size.

After your bagels have finished rising, get a large pot of water going to a gentle boil. While the water is coming to temperature, form your bagels. Gently pick one up and place it in the palm of your hand. With the index finger of your free hand, poke it through the dough until you create a whole. Be careful not to crush the dough in your hand.

Now twist your finger back and forth, stretching the hole. Leaving your finger in the hole, insert your other index finger in the hole of the dough from the backside. Rotate your finger round and round each other, allow the dough to stretch to about the size of a quarter. When the hole reaches the right size, lay it back on the cookie sheet. Some shrinkage of the hole is normal so don’t worry. Repeat this process with the rest of the dough.

When you have holes in all of the bagels, take one, and using a large slotted spoon, ease 1 to 2 bagels, depending on how big your pot is, into the gently boiling water. Cook for 1-3 minutes each side, depending on how chewy you want them to be, allowing the bagels to expand to double their size. They will appear wrinkly on the top, but this is normal and as they back in the oven, the bagels will expand some more, smoothing out the wrinkles.

Remove them from the water and place them back on the cookie sheet. Repeat the process until all bagels are done. Brush them with an egg wash and sprinkle with everything bagel seasoning, if using, then bake at 350 F for 20 minutes. Check halfway through cook time and if they have browned to your liking, lay a sheet of aluminum on top, and cook for the remaining time.

Once the bagels are done baking, take them out of the oven and put them on racks to cool before cutting into them.

**Nutritional Facts for 1 Plain Bagel:** 139.2 Calories, 2.8 Net Carbs, 5.9g Fat, 20.1g Protein.