

Keto Everything Bagels

I don't follow a strict keto or Paleo diet, but I try to cut back on carbs now and then. One of the biggest challenges of that is bread, and for lots of reasons. The most being that gluten is what makes bread springy. I've eaten and made a lot of different gluten-free and grain-free breads over the years, and had a few winners, but many more losers. When you're trying to cut both grains and gluten, it becomes extra tough — no pun intended!

This recipe is one I stumbled upon and tweaked a bit until it came out pretty good. Unlike some keto recipes, this one has a very bread like texture and is not mostly made up of eggs. It does contain a lot of cheese, however, so if you're dairy free, you've still got some searching to do.

I've made these a couple ways, with a few different things, and this is what I think is the best version. You can use any kind of shredded cheese, and hazelnut flour makes a nice sub for the almond. Coconut flour is a no go for this one, however. A doughnut pan is not necessary for these, but it makes it easier, and the end result looks better if you care about that. When you make them in the doughnut pan, the cheese browns a bit on the bottom, which is an added bonus. The browned cheese with the crunchy, salty Everything Bagel seasoning is perfection.

These are great when fresh, and while you can certainly toast them and eat them the next day, I've found they're better eaten soon after they're made.

Keto Everything Bagels

Makes 6

Prep time: 20 minutes

Ingredients:

1 1/2 cups shredded cheese like mozzarella or mild cheddar
3 tablespoon sour cream
1 egg
1 cup blanched almond flour
1 teaspoon baking powder
Ava Jane's Kitchen Everything Bagel seasoning

Preheat oven to 425 degrees F.

Put the cheese and sour cream in a mixing bowl and mix until combined. Add the egg, almond flour, and baking soda. Mix well.

If using a doughnut pan, spray very lightly with cooking spray. Otherwise, line a baking sheet with parchment paper.

Divide the mixture in six fairly equal parts. Fill the doughnut pan or shape into a bagel shape on the parchment.

Sprinkle generously with the Everything Bagel seasoning. Bake for 13-14 minutes, until browned and firm.

Let cool and slice. Top with cream cheese or whatever you might eat on a bagel.