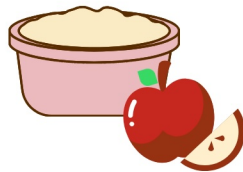


Greek Yogurt Peanut Butter Dip

Prep time: 15 min

INGREDIENTS

1 container (5.3 oz) vanilla greek yogurt
1/2 cup peanut butter
3 tablespoons honey



DIRECTIONS

1. Combine the vanilla greek yogurt, peanut butter, and honey in a mixing bowl until thoroughly combined and mixed well.
2. This yogurt dip can be served right away, or refrigerate it for 1-2 hours before serving, for a chilled dip. Keep the dip stored in the fridge.
3. Serve with apples, graham crackers, pretzels, etc.



High Protein Bagels

Servings: 4 bagels

Prep time: 15 min

INGREDIENTS

1 cup plain Greek yogurt
1 1/2 cup self rising flour
1 Egg

You can make self rising flour with
1 cup all purpose flour+1 tsp baking powder+ pinch of salt



DIRECTIONS

1. In a medium size bowl, combine yogurt and flour until a dough starts to form.
2. Transfer dough to a floured surface and knead for 5-8 minutes (add more flour if needed)
3. Preheat oven to 375 degrees.
4. Separate dough into 4 equal parts. Shape each piece into a bagel shape keeping the hole in the middle bigger than normal.
5. Place dough shaped bagels onto a baking sheet lined with parchment paper.
6. Whisk egg to create an egg wash and brush a light coating on each bagel. Top each bagel with favorite seasoning. I like everything bagel seasoning.
7. Bake for 20-22 min. Increase oven temp to 450 degrees and cook for 2 more minutes.
8. Let cool for 15 minutes before serving.