



# Blueberry Bagels

**Serving size:** 85g

**Serves:** 8

**Per serve:** 1000kJ | 7g protein | 1g fat | 46g carbs | 7g fibre

## Ingredients

- 2 tsp active dry yeast
- 2 tbsp caster sugar
- 1 1/4 cups luke warm water
- 3 1/2 cups of bread flour (plus extra for kneading, 1/2 to 1 cup extra)
- 1 1/2 tsp salt
- 1 cup blueberries tossed in 1/4 cup bread flour
- 1/4 tsp bicarbonate soda

## Method

1. Mix the yeast and sugar in 1/2 cup of warm water until dissolved. Rest for 5 min.
2. In a large bowl mix the flour and salt. Create a well in the centre. Add the yeast and additional warm water into the well. Gently fold in the blueberries until combined.
3. On a lightly floured counter top, knead the dough for 10-15 minutes until smooth and elastic. Add additional flour as necessary to maintain the desired consistency.
4. Transfer the dough to a lightly oiled bowl and cover with a damp cloth. Leave to rise in a warm place for one and a half hours until doubled in size.
5. Divide the dough into 8 pieces and roll each piece into a ball. Gently press a lightly floured finger through the centre of each ball and stretch the ring to about 1/3 of the diameter of the bagel. Repeat with the remaining dough balls. Place on a lightly oiled tray, cover with a damp cloth, and let rest for 30 minutes.
6. Preheat the oven to 220°C and bring a large pot of water to the boil. Add the bicarbonate soda to the boiling water.
7. Using a slotted spoon, lower the bagels into the boiling water (3 or 4 at a time). Let the bagels sit there for 1 minute, then flip them over to boil for another minute. Once all the bagels have been boiled return them to a lightly oiled tray. Lightly spray the top of the bagels with extra virgin olive oil (this will help the outside go extra crunchy). Bake for 20 minutes (rotating the tray once) until golden brown.
8. Cool on a wire rack.

