

Gluten-Free Everything Bagel Chips

The following recipe and photography is courtesy of Lauren Schulte. To see more of her bites and meals, visit her Instagram [@TheBiteSizePantry](https://www.instagram.com/TheBiteSizePantry).

Ingredients

- 2 ½ cups coconut flour
- 4 tsp. baking powder
- ½ tsp. salt
- 3 egg whites, divided
- 2 cups nonfat Greek yogurt
- Everything Bagel Seasoning, for topping (leave plain if preferred)

Instructions

1. Preheat oven to 400°F. Move the oven rack to the top spot. Line a baking sheet with parchment paper for easy cleanup later on.
2. In a large bowl, combine the coconut flour, baking powder and salt. I like to use a whisk to fully incorporate everything, but you can also use a standing or handheld mixer.
3. Place 2 of the egg whites in a medium bowl and beat with an electric mixer on high until frothy, about 2 minutes.
4. Add the egg whites and yogurt to the large bowl with the dry ingredients.
5. Mix well until the mixture starts to resemble dough.
6. Remove the dough from the bowl and place it on a lightly floured surface.
7. Knead the dough gently a few times.
8. Form the dough into a large rounded disk. Using a sharp knife, divide the dough into 6 equal parts.
9. Roll each part into a 1-inch thick tube. Bring the ends together to form a thick circle.
10. Place each circle on the baking pan.
11. Brush each bagel with the remaining egg whites and sprinkle with the everything bagel seasoning.
12. Bake on the top rack for 25 minutes or until bagels are slightly browned.

