THE J.M. SMUCKER Co

Almond Flour Bagels

Prep Time	Cook Time	Serves	Difficulty
30 mins	35 mins	6	N/A

Ingredients

- **For Boiling:**
- 8 cups (2 L) water
- 2 tbsp (30 mL) honey
- **Dough:**
- 3 1/2 cups (825 mL) **Robin Hood®** Almond Flour

  Robin Hood® Almond Flour (Gluten Free)

- 1 cup (250 mL) **Robin Hood®** Gluten Free All Purpose Flour Blend

  Robin Hood® Gluten Free All Purpose Flour Blend

- 2 tsp (10 mL) baking powder
- 1 1/2 tsp (7 mL) salt
- 2 tbsp (30 mL) apple cider vinegar
- 2 tbsp (30 mL) honey or maple syrup
- 2/3 cup (150 mL) warm water
- **Topping:**
- 1 egg, beaten
- sesame seeds, poppy seeds, garlic, kosher salt, etc, optional

Directions

Step 1:

Preheat oven to 375°F (190°C). Line a baking sheet with parchment paper. Combine 8 cups (2 L) water and honey in medium saucepan. Bring to a boil.

Step 2:

Meanwhile, combine flours, baking powder and salt in medium bowl. Mix in liquid ingredients. Stir together until smooth. Let rest 3 minutes. Divide the dough into 6 even pieces. With wet or gloved hands, roll each piece into a ball. Flatten into a disk and using your finger, make a hole in the centre of each disk. With a slotted spoon, carefully drop bagel into boiling water, cooking 1 at a time. Cook 15 seconds, turn, and cook another 10 seconds. Remove to parchment lined baking sheet. Continue with remaining bagels. Brush with beaten egg and sprinkle with toppings if using. Bake in preheated oven 30 to 35 minutes or until golden brown. Let rest on baking sheet 15 minutes.

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