



## **BAGELS, BAGEL, BAGELS!**

**Tuesday, June 15, 2021**

Let's get the summer going with some freshly made Bagels, starting our day or any time of day, for that matter, with nutritious, delicious Bagels. The kids will love to make them as well as eat them. This method is SO easy. We created 6 batches in 2 hours!

Let's start with the basic recipe, then create lots of varieties!

### **Sprouted Whole Grain Bagels**

by: Debbie Deitz of Wholy Homemade

Makes 8 bagels

1 1/2 c water, 110\*

3 T cane sugar

2 t SAF yeast

water

1 1/2 t sea salt

4-5 cups whole grain flour

2 T molasses

1. Preheat oven to 375\*. In large (wide opening) pot, boil water with 2 T. molasses mixed in.
2. Meanwhile, in Bosch, place first 5 ingredients and mix together to form a smooth, semi-moist ball of dough. If mixing in 4 c. flour, pay attention to whether or not more is needed, adding 1/4 c. flour at a time.
3. Once dough is formed, allow to rest for 5 minutes. Turn dough out onto lightly sprayed (oiled) surface and divide into 8 portions. Form into ball, poke hole in center, widen hole to 1 1/2". Place bagels onto baking sheet.
4. Doing 2 or 3 at a time, gently place bagels into boiling water, turning once, after 1 minute, allowing other side of bagel to "cook" for a minute.
5. Pull bagels out of water using a slotted spoon or spatula, placing back onto baking sheet, do all bagels.
6. While still moist, apply any topping you may want.
7. Place baking sheet of bagels onto center rack and bake for 20-25 minutes or until bagel is lightly golden brown. Slide bagels onto cooling rack and allow to cool before slicing.

Variations on the back!



**VARIATIONS:** Larger ingredients may be best incorporated by chopping in the Food Processor first. Incorporate seeds & nuts into the dough for a richer flavor, not just a topping. Also, don't include baking chips into dough. They melt in the boiling process.

1. Cinnamon – Raisin ~ soak raisins first to increase nutrients. 1 T cinnamon & 1/2 C raisins
2. Orange – Cranberry ~ substitute orange juice for water. Add 1/2 C cranberries
3. Blueberry ~ add 1/2 C frozen berries
4. Seeds & nuts ~ any combination of flax, chia, sesame, sunflower, pumpkin, dehydrated onion etc
5. Savory Soup Blend ~ process our vegetable soup mix in the coffee mill until powder. Add to the dough. Serve with savory cream cheese & warm soup!
6. Oatmeal ~ substitute some oats for the flour.
7. Pizza bites ~ Top them after baking.
8. Pumpkin – Pecan – Maple ~ reduce liquid to 1 C & add 1 C pumpkin puree, 1/2 C chopped pecans & 4 T maple powder.

**CREAM CHEESE IDEAS** ~ Our Food Processor expedites the mixing time & effort! Might need to add a bit of liquid, too.

1. Sweet Treat ~ Add honey, agave, maple syrup, molasses
2. Savory ~ garlic or onion powder
3. Tiny bits of peppers & carrots
4. Smoked salmon spread

**NOTE:** Don't use baking chips in the dough. They melt in the kettle! Also, the seeds are more flavorful incorporated into the dough rather than sprinkling on top.

What can you dream of?

