

Helergon Kitchen

# High-Protein Bagel Bites – Quick 15-Minute Snack

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| **10 min**<br>Prep time | **5 min**<br>Cook time | **15 min**<br>Total time |
| **4**<br>Servings | **Easy**<br>Difficulty | **American**<br>Cuisine |

## Ingredients

### Bagel Base

- [ ] 4 whole-grain mini bagels, halved
- [ ] 1 tsp olive oil for brushing

### Protein Topping

- [ ] 1 cup plain Greek yogurt
- [ ] 1 scoop vanilla whey protein powder
- [ ] 2 large egg whites
- [ ] 1 tbsp honey
- [ ] ½ tsp ground cinnamon

## Instructions

1. Preheat the oven to 350°F (175°C). Brush each bagel half lightly with olive oil and place on a baking sheet.
2. In a bowl, whisk together Greek yogurt, whey protein, egg whites, honey, and cinnamon until smooth.
3. Spread a generous spoonful of the protein mixture onto each toasted bagel half.
4. Bake for 5-7 minutes, just until the topping sets and the edges of the bagel turn golden.
5. Remove from oven, let cool for a minute, then drizzle a little extra honey or sprinkle chopped nuts if desired.

### Nutrition per serving

| 165 kcal | 12 g | 22 g | 4 g |
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| Calories | Protein | Carbs | Fat |

### Tips & notes

- If you prefer a savory twist, swap honey for a drizzle of high protein crack dip and add a pinch of smoked paprika.
- For extra crunch, toast the bagel halves a minute longer before adding the topping.
- These bites can be stored in the fridge for up to 2 days; re-warm briefly before serving.