

Choco Fever Dream

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

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

## Ingredients

### Main Ingredients

- [ ] 8 mini whole-grain bagels, halved
- [ ] 1 cup Greek yogurt (plain)
- [ ] 1/2 cup vanilla whey protein powder
- [ ] 1 tbsp honey
- [ ] 1 tsp lemon zest
- [ ] 1 tsp dried herb blend (dill, parsley, garlic)
- [ ] Pinch of sea salt

### Optional Toppings

- [ ] Toasted sesame seeds
- [ ] Chopped fresh chives

## Instructions

1. Preheat your oven to 350°F (175°C). Slice each mini bagel in half and place them cut-side up on a baking sheet.
2. In a bowl, whisk together Greek yogurt, whey protein powder, honey, lemon zest, herb blend, and a pinch of salt until smooth.
3. Spoon a generous dollop of the yogurt mixture onto each bagel half, smoothing the top but leaving a small edge.
4. Bake for 3-5 minutes, just until the edges of the bagels turn golden and the topping sets. Sprinkle optional sesame seeds or chives, then serve warm.

### Nutrition per serving

| 120 kcal | 12 g | 18 g | 2 g |
|---|---|---|---|
| Calories | Protein | Carbs | Fat |

### Tips & notes

- If the mixture feels too thick, add a splash of milk or water.
- For extra protein, fold in a tablespoon of cottage cheese before mixing.
- Adjust sweetness to taste; some like a touch more honey.