



Long Livo

High-Protein Bagel Bites – 15-Minute Easy Snack

10 min

Prep time

4

Servings

5 min

Cook time

Easy

Difficulty

15 min

Total time

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

Calories

12 g

Protein

18 g

Carbs

2 g

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.