



## AIR FRYER BAGELS

Being able to bake your own bread is such a wonderful skill to have. And there really is nothing like the smell of freshly baked bread.

If you're making this in cookery club you can always make up to the final rising stage and then send the unbaked rolls home with the children to bake at home. Just make sure you send home temperature and timings with them.



Recipe from Bored Of Lunch, 2023

**Skill Check:** Follow a recipe; follow food safety & hygiene rules; tidy away; mix to form a bread dough; knead; shape dough; use a jug to measure liquids; use weighing scales.

**Equipment:** Weighing scales, baking tray, mixing bowl, wooden spoon, spoons, fork, pastry brush.

### Allergens\*:

Wheat | Gluten

### Ingredients (makes 4 bagels):

- 125g self-raising flour
- 210g greek yoghurt
- 2 eggs

Optional flavours:

- Mixed herbs
- Sesame
- Cheese

\* Please note the allergens listed are indicative only. Allergens vary depending on brand; check the labels on the products you use

### Method

1. In a bowl, mix the flour, yoghurt and 1 egg. If it's too runny/sticky, add some extra flour until it resembles a dough you can roll.
2. Tip out onto a floured surface and knead for around minute.
3. Divide into 4 portions, roll each one into a sausage and shape into bagel rings.
4. Beat the other egg in a bowl and brush it over the bagels, then scatter with a flavour (optional).
5. Air-fry at 190°C for 10 minutes until they have doubled in size and are golden brown.



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### Nutrition Information



The Eatwell guide shows the proportions of the main food groups that form a healthy, balanced diet:

- Eat at least 5 portions of a variety of fruit and vegetables every day
- Base meals on potatoes, bread, rice, pasta or other starchy carbohydrates; choosing wholegrain versions where possible
- Have some dairy or dairy alternatives; choosing lower fat and lower sugar options
- Eat some beans, pulses, fish, eggs, meat and other proteins (including 2 portions of fish every week, one of which should be oily)
- Choose unsaturated oils and spreads and eat in small amounts
- Drink 6-8 cups/glasses of fluid a day

### So, thinking about bagels...

**Bread** is a good source of complex carbohydrates which gives us energy. It is also a good source of fibre and B vitamins. In general, wholemeal and whole-grain flours/bread tend to be more nutritious than white, and they also contain more fibre.



### Energy, sugar, fat and salt per serving

Per 108g serving

<b>ENERGY</b>	718kJ / 170kcal	9%
<b>FAT</b>	2.7g	4%
<b>SATURATES</b>	0.8g	4%
<b>SUGARS</b>	1.8g	2%
<b>SALT</b>	0.41g	7%

% of an adult's reference intake  
Typical values per 100g : Energy 668KJ /158kcal

### Notes

**A traffic light system** is used on nutrition labels to make it easier to see which foods and drinks are lower in calories, fat, sugar and salt. Try and choose more 'greens' and 'ambers' and fewer 'reds', and stick to smaller portions of 'reds'.

Just because a recipe or a food has a red traffic light doesn't mean you shouldn't eat it. Understanding why a food or recipe might have a red light can be helpful. For example oily fish is high in total fat and so any recipe containing oily fish is likely to be 'red' for fat. But it is recommended that we eat oily fish at least once a week because the type of fat it contains is beneficial for our health.

**% Reference Intakes** are also shown. Reference Intakes are guidelines about the approximate amount of particular nutrients and energy required for a healthy diet (based on an average-sized woman doing an average amount of physical activity). Most children will require less than these Reference Intakes. The contribution of one serving of a food or drink to the Reference Intake for each nutrient is expressed as a percentage.