

Zucchini Bread Recipes

High-Protein Bagel Bites – Quick 15-Minute Snack

10 min Prep time	**15 min** Cook time	**25 min** Total time
4 Servings	**Easy** Difficulty	**American** Cuisine

Ingredients

Main Ingredients

- [ ] 1 (12-ounce) pack whole-grain bagel dough, cut into 1-inch pieces
- [ ] 1 cup cottage cheese, well-drained
- [ ] 1/2 cup plain Greek yogurt
- [ ] 1 large egg, lightly beaten
- [ ] 1 tsp lemon zest
- [ ] 1 tbsp honey
- [ ] 2 tbsp melted butter
- [ ] Pinch of sea salt

Instructions

1. Preheat the oven to 375°F (190°C) and line a baking sheet with parchment paper.



2. In a bowl, whisk together cottage cheese, Greek yogurt, egg, lemon zest, and honey until smooth.



3. Toss the bagel pieces in the dairy mixture, ensuring each bite is evenly coated.



4. Arrange the coated pieces on the prepared sheet, brush with melted butter, and sprinkle with sea salt.



5 Bake for 12-15 minutes, or until the tops are lightly golden and the interior is soft.



6 Remove from oven, let cool for two minutes, then serve warm with a side of protein balls if desired.



Nutrition per serving

280 kcal	18 g	34 g	9 g
Calories	Protein	Carbs	Fat

Tips & notes

- For an extra buttery finish, brush a second layer of melted butter while the bites are still hot.
- If you prefer a sweeter snack, increase honey to 2 tbsp.
- A dash of smoked paprika adds a subtle depth without overpowering the cheese.