




by Nicole - The Yummy Muffin

2 Ingredient Dough Stuffed Bagel Balls

★★★★★ 5 (2 Reviews)

 4 servings

 30 minutes

Recipe details



Yield

4 servings



Time spent

Prep time: 5 Minutes | Cook time: 25 Minutes | Total time: 30 Minutes





Ingredients


- 1 cup self rising flour, plus more for dusting
- 1 cup non-fat plain greek yogurt
- 1/8 tsp salt
- 1 egg, well beaten
- everything bagel seasoning, sesame seeds, flaky salt, and/or dried minced onion, for topping
- 4 oz cold cream cheese, divided into 8 equal pieces (about 1 tbsp each)
- olive oil cooking spray


Instructions

- 1 Preheat oven to 375 degrees. Line a baking sheet with parchment paper. Lightly spray with oil.
- 2 In a mixing bowl, add flour, yogurt, and 1/8 tsp salt. Mix with a spoon until ingredients start to fully combine the mix and form a dough. (It will be a little tacky.)
- 3 Dust a clean surface with flour. Turn the dough out onto the floured surface, and move it around to overcome the stickiness of the dough. Knead the dough two times, turn the dough a quarter of a turn, and knead the dough 16 times total, adding more flour as necessary. The dough should not be sticky. Divide into 8 equal portions.
- 4 Take one portion of dough, and flatten it into a circle that's roughly 3-3 1/2 in round.
- 5 Place 1 piece of cream cheese in the center, and wrap the dough around the cream cheese to tightly to completely close the seam.
- 6 Place on prepared baking sheet, seam side down. Repeat with remaining dough.
- 7 Brush the bagel balls all over with beaten egg.
- 8 Sprinkle 1/8 tsp of your desired topping over the top of each bagel ball. Bake for 25-27 minutes. Remove from oven, and allow to cool for at least 5 minutes before serving. Enjoy!

Tips

-  These bagels balls are best served warm. If you have leftovers, store them in a sealed container and be reheated in the oven at 400 degrees for about 5-6 minutes.
-  This recipe is easily doubled! There's enough egg wash to make at least 2 batches.
-  I find that starting with cold cream cheese helps prevent the cream cheese from melting into the oven.
-  The stickiness of your dough can depend on the water content of your yogurt. Don't be afraid to add more flour while you're kneading and rolling your dough. The goal is to make sure the dough isn't sticking to a surface. Use about 1/4 cup of flour.

 If you want to try a flavored cream cheese, mix ½ tsp shredded cheddar and ½ tsp minced fresh herbs before adding it to your dough ball.

 The topping possibilities are endless! Make these savory or sweet. Stuff them with store bought cheeses. The world is your oyster!

