

# Bagel Bites

THM-Friendly: Category dependent on toppings

- 1 batch THM [No Carb Easy Bread](#) (I use half fresh and half carton egg whites)
- boiling water
- one egg yolk mixed with a little water

Make the No Carb Easy Bread mix as directed, but instead of baking, grab small pieces (about 2 Tbsp.) of batter and gently pat into a ball. Do not roll tightly; you want the batter to be lightly shaped. Drop into boiling water 3 at a time and boil for 2 minutes, flipping over halfway through. Remove from the water and put on a paper towel to dry a bit. Brush on the egg yolk. Place on a silicone pan or parchment to prevent sticking.

Cook in an air fryer at 400° for 7 minutes; flip and cook for 2-3 more until a light golden brown. Remove and cool completely.

Slice in half, and top with your favorite pizza toppings.

Recommendations:

- sugar-free pasta sauce, pizza sauce, or tomato paste
- mozzarella or 5-cheese blend
- bacon crumbles
- sausage crumbles
- peppers
- onions
- mini pepperoni

Bake in an air fryer for 5-6 minutes at 390°, or until the toppings are nice and toasty.

enJOY!

