

Helergon Kitchen

High-Protein Bagel Bites – Quick 15-Minute Snack

10 min Prep time	**5 min** Cook time	**15 min** Total time
4 Servings	**Easy** Difficulty	**American** Cuisine

Ingredients

Bagel Base

- [ ] 4 whole-grain mini bagels, halved
- [ ] 1 tsp olive oil for brushing

Protein Topping

- [ ] 1 cup plain Greek yogurt
- [ ] 1 scoop vanilla whey protein powder
- [ ] 2 large egg whites
- [ ] 1 tbsp honey
- [ ] ½ tsp ground cinnamon

Instructions

1. Preheat the oven to 350°F (175°C). Brush each bagel half lightly with olive oil and place on a baking sheet.
2. In a bowl, whisk together Greek yogurt, whey protein, egg whites, honey, and cinnamon until smooth.
3. Spread a generous spoonful of the protein mixture onto each toasted bagel half.
4. Bake for 5-7 minutes, just until the topping sets and the edges of the bagel turn golden.
5. Remove from oven, let cool for a minute, then drizzle a little extra honey or sprinkle chopped nuts if desired.

Nutrition per serving

165 kcal	12 g	22 g	4 g
Calories	Protein	Carbs	Fat

Tips & notes

- If you prefer a savory twist, swap honey for a drizzle of high protein crack dip and add a pinch of smoked paprika.
- For extra crunch, toast the bagel halves a minute longer before adding the topping.
- These bites can be stored in the fridge for up to 2 days; re-warm briefly before serving.