

A delicious bagel made with Greek yogurt and pumpkin topped with oatmeal, honey, Cheddar cheese, and cinnamon. Bake in an air fryer. So easy to make and kid friendly. Serve with cream cheese.

INGREDIENTS

- cooking spray
- 1 cup all-purpose flour, or more as needed
- 1 tablespoon brown sugar
- 2 teaspoons baking powder
- ½ teaspoon salt
- ½ cup pumpkin puree
- ½ cup fat-free Greek yogurt (such as Fage®)
- ¼ cup quick oats

Topping

- 1 tablespoon quick oats
- 1 pinch ground cinnamon, or to taste
- 1 egg white
- 2 teaspoons honey
- 1 teaspoon water
- ¼ cup mild shredded Cheddar cheese



INSTRUCTIONS

1. Preheat an air fryer to 280 degrees F (140 degrees C) according to manufacturer's instructions, about 3 minutes. Line the air fryer basket with parchment paper and spray with cooking spray.

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Recipe Source <https://www.allrecipes.com/recipe/276902/toris-air-fryer-pumpkin-bagels/>

2. Mix flour, brown sugar, baking powder, and salt together in a medium bowl. Add pumpkin puree and yogurt. Stir to combine.
3. Place dough on a lightly floured surface, divide into 4 balls. Roll each ball into 8-inch long ropes. Join the ends together to form bagels.
4. Mix oats and cinnamon together in a small bowl. Whisk egg white, honey, and water together in another small bowl until smooth. Brush bagels with egg mixture, sprinkle oats and cinnamon on both sides.
5. Place bagels in the prepared basket and bake for 13 minutes. Sprinkle Cheddar cheese over bagels and bake for 2 minutes more.

NUTRITIONAL FACTS

Servings Per Recipe 4 Calories 223% Daily Value *Total Fat 3g 4% Saturated Fat 2g 9% Cholesterol 7mg 2% Sodium 679mg 30% Total Carbohydrate 39g 14% Dietary Fiber 3g 9% Total Sugars 9g Protein 10g 19% Vitamin C 1mg 1% Calcium 208mg 16% Iron 3mg 14% Potassium 148mg 3%

Nutrition is provided as a courtesy and is an estimate. If this information is important to you, please have it verified independently.