

Protein-Packed Garlic & Parmesan Cottage Cheese Bagels (Fluffy, Low-Carb & Gluten-Free!)

Protein-Packed Garlic & Parmesan Cottage Cheese Bagels - Fluffy, Savory & Low-Carb



OVEN
375°F

TIME
30 min

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INGREDIENTS

- 1 cup cottage cheese
- 2 large eggs
- 1 cup almond flour (or oat flour for a heartier version)
- 1 tablespoon baking powder
- $\frac{1}{2}$ teaspoon garlic powder
- $\frac{1}{4}$ teaspoon salt
- $\frac{1}{2}$ cup shredded Parmesan cheese (plus extra for topping)
- 1 teaspoon olive oil (optional, for brushing)

DIRECTIONS

- Step 1: Preheat & Prep:** Preheat your oven to 375°F (190°C). Line a baking sheet with parchment paper or lightly grease it.
- Step 2: Mix the Dough:** In a large bowl, whisk together cottage cheese and eggs until mostly smooth.
- Step 3: Add almond flour, baking powder, garlic powder, salt, and shredded Parmesan.** Stir until a thick dough forms. It should be soft but scoopable.
- Step 4: Shape the Bagels:** Divide the dough into 6 equal portions. Roll each portion into a ball, then gently poke a hole in the center to form a bagel shape.
- Step 5: Place them on your prepared baking sheet.**
- Step 6: Add Toppings:** Brush the tops lightly with olive oil for extra browning (optional but recommended). Sprinkle additional Parmesan over the tops for a golden, crispy crust.
- Step 7: Bake:** Bake for 20-25 minutes, until puffed, firm, and lightly golden brown on top.
- Step 8: Cool & Serve:** Let them cool on the baking sheet for 5 minutes, then transfer to a wire rack. Serve warm or at room temperature.

SWAPS & NOTES

Oat Flour Almond flour keeps these bagels low-carb and gluten-free.

If you prefer a more traditional texture, oat flour works beautifully but will increase the carb count slightly.

Cottage Cheese Tip For a smoother dough, blend the cottage cheese before mixing.

This helps eliminate curds and creates a more uniform texture.

TIPS FOR SUCCESS

Don't overmix the dough-just combine until incorporated.

If the dough feels too wet, add 1-2 tablespoons of almond flour.

For extra crunch, broil for 1-2 minutes at the end (watch carefully).

Always toast before serving for the best texture.

More recipes: [ChefManiac.com](https://chefmaniac.com)

Original recipe: <https://chefmaniac.com/protein-packed-garlic-parmesan-cottage-cheese-bagels-fluffy-low-carb-gluten-free/>