Perfectly Chewy Vegan & Gluten-Free Bagels

Description

These homemade vegan and gluten-free bagels are delightfully chewy on the inside with a golden, crisp crust. Made with simple ingredients and no yeast, they're easy to make and perfect for breakfast or sandwiches!

Ingredients:

- 2 cups gluten-free all-purpose flour (with xanthan gum)
- 1 tablespoon baking powder
- ½ teaspoon salt
- 1 teaspoon apple cider vinegar
- 1 cup unsweetened plant-based yogurt (or thick coconut milk)
- 1 tablespoon maple syrup
- 1 teaspoon psyllium husk powder (optional, for extra chewiness)

- 1 tablespoon olive oil (for brushing)
- 1 tablespoon sesame seeds or poppy seeds (optional, for topping)

Instructions:

1. **Preheat the oven:** Set your oven to 375°F (190°C) and line a baking sheet with parchment paper.
2. **Mix the dry ingredients:** In a large bowl, whisk together the gluten-free flour, baking powder, salt, and psyllium husk powder.
3. **Prepare the wet ingredients:** In a separate bowl, mix the plant-based yogurt, apple cider vinegar, and maple syrup.
4. **Form the dough:** Slowly add the wet ingredients to the dry ingredients, stirring until a dough forms. Knead gently for a minute until smooth. If the dough feels too sticky, add a little more flour.
5. **Shape the bagels:** Divide the dough into 6 equal portions. Roll each piece into a ball, then use your fingers to poke a hole in the center, shaping it into a bagel.
6. **Bake:** Place the bagels on the prepared baking sheet. Brush each with olive oil and sprinkle with seeds if desired. Bake for 25 minutes or until golden brown.
7. **Cool & Serve:** Let the bagels cool on a wire rack before slicing. Enjoy with your favorite spreads!