

Carrot Cake High Protein Bagels

Printable grocery list · Serves 4

DRY

- ☐ 1 cup almond flour
- ☐ 1/2 cup whole wheat flour
- ☐ 1 tbsp baking powder
- ☐ 1/2 tsp salt
- ☐ 1 tsp cinnamon
- ☐ 1/4 tsp nutmeg
- ☐ 2 tbsp Lakanto monkfruit sweetener
- ☐ 1/4 cup chopped walnuts

WET

- ☐ 1 cup plain fat-free Greek yogurt
- ☐ 1 tsp vanilla extract
- ☐ 1/2 cup shredded carrots, moisture squeezed out
- ☐ 1 large egg white, for egg wash
- ☐ 2 tbsp golden or regular raisins