



**Eat Well. Live Well.**

[www.AwareHouseChef.com](http://www.AwareHouseChef.com)

## CONTACT

Hellenic Restaurant:  
631 477-0138

[www.TheHellenic.com](http://www.TheHellenic.com)

# Gluten Free Bagels

700g [Bob's Red Mill Gluten Free Flour](#)

14g [Granulated Sugar](#)

9g [Fast Rising Yeast](#)

532g Water

½ tsp. or 2.5ml [Xanthan gum](#)

28g [Powdered Organic Psyllium Husks](#)

8g [Gluten-Free Baking Powder](#)

10g [Fine Celtic Sea Salt](#)

13g [Organic Light Brown Sugar](#)

1 tsp or 5ml [Organic Apple Cider Vinegar](#)

118g of [Kerrygold Butter](#)

¼ cup or [60ml Maple Syrup](#) (can substitute honey)

1 large egg white whisked with 1 tbsp or 15ml water

2 quarts or 1.9 liters water

[Organic Everything Bagel Seasoning](#)

preparation instruction, watch the video on YouTube:

[Gluten Free Bagels](#)

[Youtube.com/AwareHouseChef](https://www.youtube.com/AwareHouseChef)

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