

## WHOLE GRAIN BAGELS -- from "Sensible Cooking" cookbook

3 cups warm water  
1/2 cup barley malt syrup ( or Xagave natural sweetener)  
1/4 cup potato flour  
2 tsp. salt  
2 Tbsp. Saf yeast  
2 Tbsp. Dough enhancer  
3 cups bread flour  
3 cups fresh ground whole wheat flour

(Additional whole wheat flour will be added in the kneading process)  
2 Tbsp. honey or brown sugar for the boiling process  
egg wash (for top of boiled bagels)

Mix ingredients thoroughly on speed one (or speed two if using a Universal Plus)  
Continue to add whole wheat flour until dough cleans the sides of the bowl. Keep dough soft (not as stiff as bread dough) Knead until gluten develops (7 to 8 min.) Add more water if necessary.

Weigh out 3 oz. pieces for small bagels and 6 oz. pieces for large bagels. Shape each piece into a smooth ball. Poke a hole in the center of each ball, stretch and smooth out to make doughnut shape. Place on parchment paper lined cookie sheet. Let rest 10 to 15 min.. While dough rises bring 3 qt. of water plus 2 Tbsp honey to a boil. Lower bagels into water and boil 30 to 45 seconds on each side. Drain. Place on parchment paper lined cookie sheet and brush with egg wash. Sprinkle with poppy seed etc. and bake at 350 degrees for 25 to 30 min. (or until golden brown)

(Barley Malt syrup enhances the flavour and texture of the bagels)

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