

Plate Dream

High-Protein Bagel Bites – Quick 15 Minute Snack

8 min Prep time	**7 min** Cook time	**15 min** Total time
4 Servings	**Easy** Difficulty	**American** Cuisine

Ingredients

Main Ingredients

- [ ] 4 whole wheat bagel halves, sliced
- [ ] 1 cup plain Greek yogurt
- [ ] 1/2 cup shredded mozzarella cheese
- [ ] 1 tsp garlic powder
- [ ] 1 tsp lemon zest
- [ ] 1 tbsp honey
- [ ] 1 tbsp olive oil

Optional Toppings

- [ ] Fresh chives, chopped
- [ ] Crushed red pepper flakes

Instructions

1. Preheat the oven to 425°F (220°C) and line a baking sheet with parchment paper.
2. In a bowl, stir together Greek yogurt, garlic powder, lemon zest, and olive oil; season with a pinch of salt.
3. Spread a generous spoonful of the yogurt mixture onto each bagel half, then sprinkle shredded mozzarella on top.
4. Place the assembled bites on the baking sheet and bake for 5-7 minutes, until the cheese melts and the edges turn golden.
5. Remove from oven, drizzle honey lightly, and garnish with chives or red pepper flakes if desired.

Nutrition per serving

210 kcal	15 g	22 g	8 g
Calories	Protein	Carbs	Fat

Tips & notes

- Watch the cheese closely; it can brown quickly.
- For extra protein, add a spoonful of cottage cheese to the yogurt mix.
- If you prefer a crunchier bite, toast the bagel halves for a minute before adding toppings.