

## Dairy-Free Keto Bagels



Ingredients: almond flour, coconut flour, psyllium husk powder, baking powder, baking soda, Himalayan salt, garlic powder, dehydrated onion flakes, sesame seeds, eggs, coconut oil, almond milk, apple cider.

### Nutrition Facts

Per Serving (1 bagel):

Calories: 259

Fat: 21.55g

Carbs: 10.02g

Fiber: 6.2g

Protein: 9.27g

Net Carbs: 3.82g