

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