



# Spelt Bagels

An Adaptation by Lentz Spelt Kitchens

## Ingredients:

1 cup warm water (80 degrees)  
3 cups Resurgent Grains Organic Spelt Flour  
1½ tbsp. organic sugar  
1 tsp. salt  
2¼ tsps. yeast (one package)

## Toppings:

1 beaten egg  
Try garlic salt, sesame seeds, onion flakes or powder, Lentz Camelina Seeds.

If using a mixer, put warm water in mixer bowl and dissolve yeast for about 10 minutes. Add all remaining ingredients, using dough hook, mix until dough is smooth and elastic.

If using the special program on your bread machine, follow those directions to mix the dough.

When the dough is mixed, place on a floured surface and divide into 8 pieces.

Roll each portion into a smooth ball and make a hole in the center with your thumb then stretch slightly to shape into a bagel.

Grease a baking sheet and place the 8 bagels on it, cover and allow to rise for 10 minutes in a warm place.

Bring 2 quarts of water with 2 tbsps. of sugar added to it to a rolling boil. Remove from heat and place bagels, a few at a time into water and simmer for approximately 4 minutes, turning the bagels once. Remove from water and place on baking sheet.

Brush each bagel with beaten egg and season with your choice of toppings.

Bake in a 400-degree oven for 20 to 25 minutes and cool on a wire rack.