

# Keto Mini BLT Party Bagels

Hands-on 25 minutes Overall 55 minutes

**Nutritional values (per mini bagel):** Total carbs: 3.1 g, Fiber: 2.2 g, **Net carbs: 0.9 g**,

Protein: 2.4 g, Fat: 10 g, Calories: 106 kcal,

Original recipe, Keto Diet App - The ultimate low-carb diet app



## Ingredients (makes 32 mini bagels)

### Mini bagels (dry ingredients):

- 3/4 cup almond flour (75 g/ 2.6 oz)
- 1/3 cup ground psyllium husk (43 g/ 1.5 oz)
- 1/4 cup coconut flour (30 g/ 1.1 oz)
- 1/4 cup flax meal (38 g/ 1.3 oz)
- 1 tsp garlic powder
- 1 tsp onion powder
- 1 tsp cream of tartar or apple cider vinegar
- 1/2 tsp baking soda
- 1/2 tsp sea salt

### Mini bagels (wet ingredients):

- 3 large egg whites (*egg yolks reserved for another recipe*)
- 1 large egg
- 1 cup boiling water (240 ml/ 8 fl oz)

### Toppings:

- 11 slices thin-cut bacon (165 g/ 5.8 oz)
- 1 cup paleo mayonnaise (220 g/ 7.8 oz) - *you can make your own mayo*
- 16 cherry tomatoes (200 g/ 7.1 oz)
- 1 large avocado (200 g/ 7.1 oz)
- 2 1/2 cups rocket/arugula (25 g/ 0.9 oz)
- 1/4 tsp cracked black pepper

## Instructions

1. Preheat the oven to 155 °C/ 310 °F (fan assisted oven), or 175 °C/ 350 °F (conventional oven). Add all the dry ingredients to a bowl and mix.
2. Add the egg whites and egg yolk (and vinegar if using instead of

cream of tartar). Process using a hand mixer (or use a stand mixer).

3. Add the boiling water while mixing, and process until well combined (this will take just a few seconds, do not over process).
4. Grease your mini muffin tray with a little ghee, coconut oil or olive oil. Roll the bagel mix into small balls (just about 18 g/ 0.6 oz each) and press into the moulds. Make sure the hole shows through.
5. Bake in the oven for 25-30 minutes until golden. If making larger bagels you may need to increase the cooking time slightly.
6. Once cooked, place the mini bagels on a wire rack to cool. If the hole has covered over, simply pierce with the non-serving end of a spoon.
7. Crisp up the bacon. Preheat the oven to 190 °C/ 375 °F. Line a baking tray with baking paper. Lay the bacon strips out flat on the baking paper, leaving space so they don't overlap. Place the tray in the oven and cook for about 10-15 minutes until golden brown. The time depends on the thickness of the bacon slices.
8. When done, remove from the oven and set aside to cool down. Cut each slice into three pieces.
9. Prepare the mayonnaise as per this recipe - or use store-bought paleo mayonnaise. To make mine, I used a food processor and let the oil drip slowly into the egg yolk mixture until emulsified.
10. Thinly slice the avocado and then half the length of each slice to make two slices. Slice or quarter the tomatoes.
11. Top each mini bagel with a teaspoon of mayonnaise, rocket, 2 pieces of tomato, avocado and bacon. Serve with a sprinkling of cracked black pepper (3-5 mini bagels per serving).
12. Store in fridge for 2 days. The bagels (without topping) can be frozen for up to 6 months.

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