

Low Carb Zucchini Bagels

Serves
4

INGREDIENTS

- + 1 cup shredded zucchini
- + 2 tbsp parmesan
- + 2 tbsp shredded mozzarella
- + ¼ cup egg whites
- + ½ tsp bagel seasoning
- + olive oil cooking spray

DIRECTIONS

- 1** Pre-heat oven to 425°F.
- 2** Mix everything together.
- 3** Form bagels with mixture.
- 4** Spray each bagel with olive oil.
- 5** Bake for 45 min.
- 6** Top with additional bagel seasoning.
- 7** Can be frozen, just thaw and toast.