

# Cinnamon Raisin Bagels

Recipe by Joy McCarthy from Joyous Health

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## Ingredients:

- 1 cup cassava flour
- 1/2 cup tapioca\* flour
- 2 tsp baking powder
- 2 tsp baking soda
- 1 tbsp cinnamon
- 2 medium eggs
- 2 tbsp maple syrup
- 1 tbsp apple cider vinegar
- 3 tbsp olive oil
- 2-5 tbsp water\*\*
- 1/4 cup raisins, soaked\*\*\*

## Instructions:

1. Preheat oven to 400F and line a large baking sheet with parchment paper.
2. In a large bowl, combine dry ingredients - cassava flour, tapioca flour, baking powder, baking soda and cinnamon.
3. In a smaller bowl, whisk together wet ingredients - 2 eggs, maple syrup, apple cider vinegar, olive oil and 2 tbsp water.
4. Pour wet ingredients into dry ingredients and mix well with a hand mixer ideally. Fold in raisins. Then using your hands, form the dough together in a ball and then ... if the dough is too dry (it should not crack) slowly add more water tbsp by tbsp. If too sticky, see notes.
5. Divide dough into 4 and form into a ball slightly larger than a golf ball. Form into a bagel by flattening the ball slightly and poking a hole through with your finger (see my video).
6. Boil a large pot of water. Add each bagel one by one and let boil for 1-2 minutes or until the bagel rises to the top of the water. Be careful the bagel doesn't get stuck on the bottom of the pot.
7. Place bagel from water directly on to parchment paper covered baking sheet. Bake for 20 minutes or until the bagel is cooked through.

## Notes:

Makes 4 large bagels or 6 small. \*If you don't have tapioca flour, arrowroot flour is a great substitute. \*\*I've provided a range for the water in case they seem crumbly, add a touch more water. Start with 2 tbsp and then keep adding up until 5 tbsp if necessary. If they are too sticky, then you've got too much water. Add 1 tbsp more tapioca flour and continue adding more until they form easily to troubleshoot. \*\*\*Rehydrate raisins in a little water just to plump them up. Discard water. VEGAN OPTION: Omit eggs and use 2 chia eggs as follows. 2 tbsp chia + 5 tbsp water. Let sit for a few minutes before adding. Add an additional 10 tbsp of water to the recipe as well. It needs more moisture when you remove

the eggs. It also takes longer to boil because they are denser so just keep this in mind!