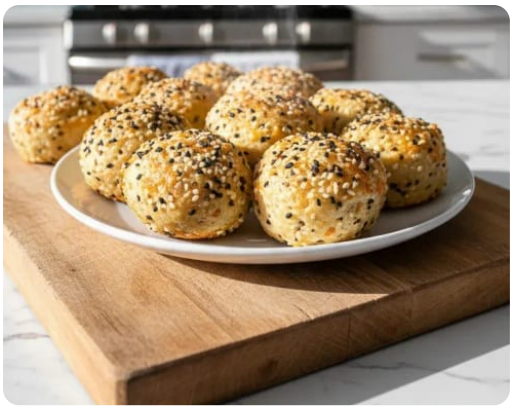


Treasure Barrel

High-Protein Bagel Bites: Quick 15-Minute Snack

10 min Prep time	**5 min** Cook time	**15 min** Total time
4 Servings	**Easy** Difficulty	**American** Cuisine

Ingredients

Main Ingredients

- [ ] 4 whole-grain bagel halves, split
- [ ] 1 cup plain Greek yogurt
- [ ] 1/2 cup shredded cheddar cheese
- [ ] 2 tbsp fresh chives, finely chopped
- [ ] 1 tsp lemon zest
- [ ] Salt and pepper to taste

Instructions

1. Preheat a skillet over medium heat or set the oven broiler to high.
2. In a bowl, whisk together Greek yogurt, chives, lemon zest, salt, and pepper.
3. Spread the yogurt mixture evenly onto each bagel half, then top with shredded cheddar.
4. Place the assembled bites on the hot skillet or a baking sheet; toast until the cheese bubbles and the edges turn golden, about 3-4 minutes.

Nutrition per serving

280 kcal	22 g	30 g	10 g
Calories	Protein	Carbs	Fat

Tips & notes

- If the cheese browns too quickly, lower the heat and cover the pan briefly.
- For extra protein, stir a scoop of whey powder into the yogurt before spreading.
- A pinch of smoked paprika adds a subtle depth without overwhelming the flavor.