

## **Sue's Multi Grain Bagels**

<b>1 cup</b>	<b>brown rice flour</b>
<b>1 cup</b>	<b>buckwheat flour</b>
<b>3/4 cup</b>	<b>sorghum flour</b>
<b>1 3/4 cups</b>	<b>tapioca starch</b>
<b>1/2 cup</b>	<b>dry milk powder</b>
<b>1 tbsp</b>	<b>guar gum</b>
<b>2 tsp</b>	<b>salt</b>
<b>2 tbsp</b>	<b>millet</b>
<b>2 tbsp</b>	<b>sunflower seeds</b>
<b>1/4 cup</b>	<b>toasted sesame</b>
<b>1 tbsp</b>	<b>instant dry yeast</b>
<b>1 cup</b>	<b>warm water</b>
<b>2 tbsp</b>	<b>molasses</b>
<b>1/4 cup</b>	<b>egg whites</b>
<b>1/3 cup or 60g</b>	<b>shortening</b>
<b>1/2 cup</b>	<b>hot water</b>

**Add sugar, 1/2 cup warm water, egg whites and yeast to mixer bowl, let stand to develop yeast. In a measuring cup add the other 1/2 cup of hot water and shortening, microwave until shortening is almost melted, remove and stir. Add dry ingredients to mixing bowl with remainder of warm water. Once warm water is used, begin with hot water/shortening. Mixture will be very thick and form a ball, coming away from the sides of the bowl.**

**Use a large scoop to portion the dough into approximately 120g portions (about the size of a tennis ball). Have a bowl of warm water on hand. Form with wet hands to a flattened disc. Push thumbs through to make hole and smooth. Place on baking sheet and freeze for at least 2 hours.**

**To Boil: Pour 8 cups very hot water in low large pot, add 1/3 cup sugar, and bring to a boil. Have a large bowl of cold water beside the stove. Place 2 frozen bagels in boiling water, use a metal spatula to make sure they don't stick to the bottom, replace lid on pot as necessary to continue the boiling. Once the bagels float, use a metal lifter to remove one at a time, place in cold water, where they will soon sink to the bottom, then place onto parchment lined baking sheet. Spray with sugar/water and shake sesame or poppy seeds on top if preferred. Bake at 425° for 30 – 35 minutes, till tops and sides are evenly browned.**