

# Honey Whole Wheat Bagels

Printed from Bagel Recipes at <http://www.bagelrecipes.net/>

*Whole wheat bagels are just as easy to make as the regular ones, but they deliver a fiber-rich punch and a lovely sweet flavor!*

## Ingredients:

4 ½ cups whole wheat flour, divided  
2 packets active yeast  
1 gallon plus 1 ½ cups warm water, divided  
4 tablespoons honey, divided  
1 teaspoon kosher salt

## Directions:

- 1) Combine 1 ½ cups flour and yeast in a large bowl. Combine 1 ½ cups water, 3 tablespoons honey, and salt in a medium bowl; pour over flour mixture.
- 2) Beat on low speed for 30 seconds, scraping sides of bowl constantly. Beat 3 minutes on high speed.
- 3) Add remaining flour to mixture; stir gently to mix. Turn dough out onto a lightly floured surface.
- 4) Knead dough 10 minutes, until stiff and elastic. Place in a large greased bowl; cover and allow to rest 15 minutes.
- 5) Cut dough into 12 pieces; shape into smooth balls. Punch a hole in the middle of each with a floured finger. Pull gently to enlarge hole to about 2 inches. Transfer to a greased baking sheet; cover and allow to rise 20 minutes.
- 6) Preheat broiler. Bring remaining gallon water and 1 tablespoon honey to a boil in a large pot over high heat; reduce to a simmer.
- 7) Place bagels under broiler and cook 90 seconds on each side. Reduce oven temperature to 400°F. Transfer to simmering water in batches of 5; cook 8 minutes and remove to a paper towel-lined plate. Repeat with remaining bagels.
- 8) Place drained bagels on greased baking sheet. Bake 25 minutes, until golden. Cool and serve.