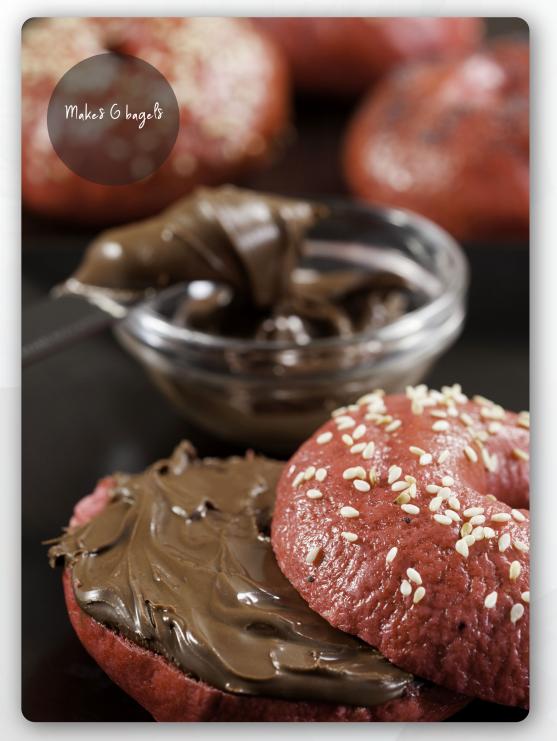
## Baking with LANB

Who ever thought lamb could be used to bake with? Try these bakes with lamb broth, adding protein to your bakes.



Recipe by Melissa Cliff from the University of Pretoria Photos by Christo Harvey

## High Fiber Raspberry and Broth Bagels

Dough:

5 g Yeast, dry 1 Egg, large 5 mL Poppy seeds 430 g Flour, cake 5 mL Salt 5 mL Sesame seeds 25 g Sugar, granulated, white 240 mL Nutella 5 mL Food colouring, red 100 g Raspberries, fresh 180 mL Bone broth

For the bagels:

This is as good as Broth Bread gets. These functional raspberry bagels are high in protein and fiber-the perfect way to start your day!

Sift the flour and salt together. Add the yeast and half of the sugar, with the fresh berries.

Add enough broth to mix to a soft dough, knead in a Kenwood mixer for 10 minutes until the dough is smooth and elastic.

Place in a lightly oiled bowl and leave to rise until doubled in size.

Knock down the dough on a lightly floured surface and knead until smooth, then divide in 85g pieces.

Using a bagel mold, shape the dough and allow to rise on a baking tray for 15 minutes.

Bring a pot of water to a boil, add remaining sugar and allow to dissolve. Submerge bagels in boiling water for 30 seconds, then drain on paper towel. Place on a greased tray, brush with lightly beaten egg white and sprinkle with seeds.

Bake for 15 minutes on 220°C, then allow to cool. Serve with filling of your choice.