

# Presidents' Message

Dear Alpha Upsilon Sisters,

This is our last Newsletter message to you as your Co-Presidents, written during a very challenging time. We've all had to adjust, in major ways, to sequestering and a "different" way of life for us and for our families. We pray, above all, that you, our sisters, and your families are safe and well.

Sadly, as you know, we've had to cancel our Alpha Upsilon gatherings to make sure we all stay healthy and we hope this "staying apart" will not last long. We're planning to have the installation of our terrific new Board at the September meeting. We'll also meet our Grant Recipients then, which will be wonderful! Meanwhile, we all need to send our \$85 dues to Mary Jane Hufstедler, as she has to send in our dues before June 1<sup>st</sup>. Though we most likely won't be all together until September, it is important that we stay in touch during this hard time, to talk, share, and support. When we can again gather, what a celebration we will have!!!

We have been honored to be your presidents and have loved our relationships with you more than we can say. You are wonderful, special, friends of ours forever. We have two poems about friendship that express, in part, how we feel about all of you.

With love and prayers,  
Marion and Connie

"A Time To Talk"  
by Robert Frost

Heart to Heart  
by Dolley Carlson

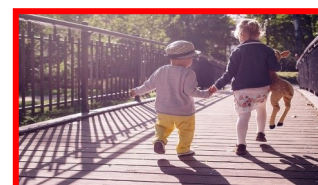
When a friend calls to me from the road  
And slows his horse to a meaning walk,  
I don't stand still and look around  
On all the hills I haven't hoed,  
And shout from where I am, "What is it?"  
No, not as there is a time to talk.  
I thrust my hoe in the mellow ground,  
Blade-end up and five feet tall,  
And plod: I go up to the stone wall  
For a friendly visit.

Words from my heart, oh just a few,  
I thank the Lord He sent me you.  
Your friendship and your light-filled way  
Bless each and every single day.  
With ability to hear when I don't tell  
You gently say, "Hope all is well."  
You're there in times of joy and play,  
And when you ask, "How can pray?"  
As we sit and sip or take a walk,  
You open the door for one more talk.  
I love you, sister, and hope to be  
The kind of friend you are to me.

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**DKG Vision: Leading women educators impacting education worldwide.**



**DKG California  
Educational, Professional,  
Making an Impact**

**DKG California  
2019-2021  
Theme:  
Crossing  
Bridges  
Together**

# Reminders!

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It is that time of the year again! Dues for Alpha Upsilon are \$85 for Active Members and \$50 for Reserve Members. It would be very helpful if everyone can get their checks to Mary Jane ASAP so she does not have to spend time contacting people. Let's all help her out by getting those checks mailed NOW!!

Send your check payable to Alpha Upsilon to :

Mary Jane Hufstedler  
12622 Amboy Ave.  
Sylmar CA 91342

## Sign-up for Committees

We all realize the meetings at the end of this year have not materialized due to the pandemic requirements of social distancing. Even though we cannot be together now, we want to be ready to go forward in September. Many of you have gone online and signed up for 2020-2021 Committees. Thank you so much! There are still positions available. Most importantly, we need monthly **HOSTS**. Would you be able to hold a meeting in your home? A host is needed for September, October, November, January and February. When you go online to sign up for a monthly meeting, add the word "HOST" to the Comment line! We would be so appreciative if this can be done by May 31st. Reminder how to sign-up:

Go to: <https://www.signupgenius.com/go/30e0948a5af2fa1f58-dkgcommittee>

Click on the **"Orange"** Sign Up box (*this makes a ü*) next to all the committee(s) and/or meeting(s) you are interested in joining.

When you are finished 'checking' all the boxes, scroll down and click on the **"Green" Submit and Sign Up** button.

IF you are willing to be the Host or the Committee Chairman, add that word in the **COMMENT** line, as well as your first and last name below that.

IF you are just a Participant, all you have to do is add your first and last name (**NO email required**).

Lastly hit the **"Green" Sign Up Now** button

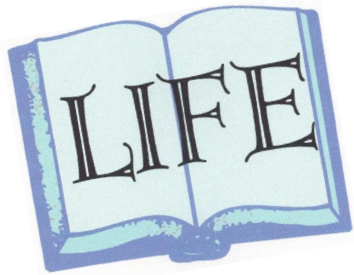


## Membership

Even though we can't get together for a meeting, don't forget to be on the lookout for potential members. Our chapter is the vital one that it is because we have consistently invited outstanding women to bring their talents to share. We are enriched by each and every member. So be sure to be on the lookout for other women who would benefit what DKG and Alpha Upsilon have to offer both personally and professionally.

## LIFE

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Many thanks to all of you for supporting Buck a Book this year. A \$100 donation will be sent to the LIFE Foundation from our chapter. LIFE is a non-profit foundation created by our State chapter to support literacy education. Each year, LIFE awards grants to classroom teachers to support the goals of literacy for all and a lifelong love of reading.

The LIFE Foundation relies heavily on the raffle they conduct at each year's state convention. Since the convention had to be cancelled this year, this is a major financial blow to LIFE. So, if you are considering making a donation in honor of or in memory of anyone or just because, please consider LIFE. All donations to LIFE are tax deductible as it is a 501 (C) 3 non-profit organization. [The donation form](#) is easy to complete and can be sent at anytime to the address noted on the form.

Buck a Book will return in September. Save all of those books you are enjoying while staying at home this spring. Let's hope we are all able to do some "beach reading" this summer!!! Be safe and enjoy a good book.

**Mary Lou Langedyke**  
**LIFE Liaison**

## Happy Birthday to....

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### May

9—Rose Gant  
19—Ardis Bunn  
20—Robin Williams  
25—Dorie Canavan  
28—Marion Darling

## Jared Bags Follow-Up

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Thank you to all who donated to Jared Bags. Unfortunately, due to this 'lockdown' we still have not delivered them to City of Hope. As soon as we are able to, we will! We will let everyone know then!

**Karen, Willy and Sue**

## The City of Brotherly Love Awaits!!

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**At the time of publishing, the DKG International Convention has not been cancelled.**

**[Register](#) now for the 2020 International Convention in Philadelphia!!**



# DKG California Convention 2020

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DKG California Convention  
May 1 - 3, 2020  
Santa Clara Marriott Hotel

Exploring New Frontiers

REGISTRATION IS OPEN



**CANCELED**

Fellowship and Fun / Speakers  
Breakout Sessions  
Professional / Personal Development

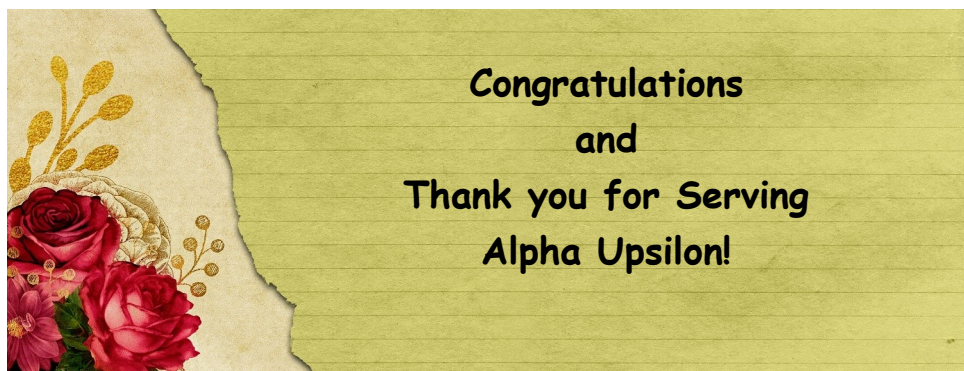
*Due to the worldwide situation at this time, the 2020 DKG California Convention has been postponed. DKG California is working with the Santa Clara Marriott to reschedule in August or September. If the situation by then is not such that a large gathering may be held, alternative plans will be made for members of the Executive Board (Chapter Presidents, Elected State Officers, Past State Presidents) to conduct the business of the state.*

The DKG California Executive Committee has made the decision to completely cancel not just postpone the 2020 DKG California convention. However there is business that must be transacted for the state. There will be a virtual DKG California business meeting on Saturday, June 6, at 9:00 a.m. All Executive Board members (current chapter presidents, elected state officers and past state presidents) are expected to attend and cast their votes on several issues. ALL members, however, are welcome and encouraged to attend. There will be more information forthcoming on this virtual convention.



## 2020-2022 Slate of Officers

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The following slate of officers for the 2020-2022 biennium has been approved and will be installed at the September meeting

President: Willy Crouse/Karen Gollhardt

First VP: Judi Healy

Second VP: Marty Unger

Recording Secretary: Kim Frank

Corresponding Secretary: Judith Craemer

Nominating Committee: Betsy Bazdarich, Chairman

Jean Chubb, Connie Hanson

### 2018-2020 Nominating Committee

Mary Lou Langedyke, Chairman

Judy Kearns, Pat Rabe



## International Information

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- ⇒ The [May/June edition of the DKG News](#) is now available online. You have to go to the Member's Only section of the website and sign-in. Select Publications and then from the drop down menu select DKG News. You can download or select the flip book format. There is a great deal of information in this issue that should be of interest to you as a member
- ⇒ **DOLLY PARTON** is named as the newest International Honorary Member! See the front page of the [DKG NEWS](#) to read about Dolly.
- ⇒ The [Spring Art Gallery](#) is now available for viewing. Photographs by our own Gayle Nicholls Ali are among the photos featured.
- ⇒ [Recipients of International scholarships](#) have been announced.
- ⇒ You should have received your copy of the [Collegial Journal](#). It is also available online as a download or in a flip book format.

## Mini Grant Recipients Share

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History Nerds Unite!  
by Susie Hoard

I was so excited as I drove down to Costa Mesa to attend the 59th Annual California Council for the Social Studies 2020 Conference on February 28th. Three days of workshop sessions, lectures, exhibits, and a gala! I couldn't wait to get started. I was so grateful to receive the funding for this conference through a mini grant from Alpha Upsilon's Beebe Nuetzman Endowment Fund. In addition, as a mentor teacher, I was able to invite my student teacher to attend with me free of charge. I just knew that it was going to be a super social studies weekend!

The conference motto this year was "2020 Vision for Social Studies." The keynote speakers opened with a discussion titled, "Women in Leadership and the 19th Amendment: Where We've Been and Where We Need to Go." While my student teacher attended a "Pre-Service Boot Camp," I attended a session titled, "Integrating Native American and California Indian History Across K-12." This session provided me with valuable resources to better integrate Native American History into my curriculum, as well as outlined 'Essential Understandings' as a way to guide teaching and ensure that students are given accurate historical information. Additional sessions I attended that will impact my instruction were "Writing Questions to Support Daily Inquiry," "Developing Historical Thinking Using Artifacts and Images," and "Honoring Silenced Voices of the Past Through Character Interpretation."

One popular session was packed, with standing-room only, and was called, "Teach With Disney Magic." The presenter encouraged teachers to make history instruction fun and exciting in order to keep students engaged. He provided strategies and ideas to 'entertain' kids and catch their attention. I have already begun to implement a few of his methods in my classroom. In addition to attending the CCSS Conference as a teacher, I assisted at the Colonial Williamsburg Teacher Institute exhibit table as a Master Teacher, answering teachers' questions about the summer institute and CW's online resource library. Therefore, I was dressed in complete Colonial costume for most of the three days, because, well, why not? My conference experience concluded on Sunday at the Colonial Williamsburg Gala, which celebrated thirty years of providing teachers with hands-on learning. CWTI alumni, including Alpha Upsilon's own Jan Tappan, were in attendance. This past summer's attendees displayed their CWTI-inspired lessons, and shared memories of their life-changing experience.

As I drove home in my Colonial costume on Sunday afternoon, I thought to myself, "People in the cars next to me must wonder why I'm dressed up. They can't guess that I'm a teacher and history nerd, driving home content after a weekend of being amongst my fellow history nerds!"

Thank you, Alpha Upsilon, for giving me a wonderful professional development opportunity!



## Mini Grant Recipients Share

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My name is Lorena Toursarkissian and I am a first grade teacher at Lorne Elementary in Northridge. I was a recipient of a \$500 grant from Alpha Upsilon's Beebe Nuetzman Endowment Fund. With this grant, I was able to purchase 6 wobble cushion seats, 12 Kick Bands, and 6 Kids Lil' Sprout Stools.

My priority to my students has always been to provide a safe comfortable environment in which I could foster a love of learning. With this grant, I have been able to give students the opportunity to have different seating options. Every week, students are given the opportunity to select a new seating option and this helps them feel more in control of their learning.

The benefits of flexible seating are endless: physical health, student choice, comfort, sensory input, and community. Physical health is the biggest reason I wanted to implement flexible seating. Children need to move and our new options allow students to wobble, rock, bounce and lean, which will increase oxygen flow to the brain, blood flow and core strength. Their needs are as different as they are, but one thing that they all have in common is their need of more comfortable sitting options.

With flexible seating students are more focused, more collaborative, more communicative with each other, and more productive. These purchases have had a tremendous impact on my classroom and I am forever grateful.





## Self Isolation News!

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**LILIANA CASTILLO:** Hi! I've been busy trying to make remote learning the best it can be for my Kindergarten students. Our favorite time is our Zoom Story Time & Social meetings. I have so much more gratitude for all the things that can only happen in a real classroom and miss it dearly.

On the other hand, I have more time for daily walks, yoga, sketching, reading and spending time with my fiancé, Andy. We've planned some quarantine date nights where we get out of our pajamas, cook together and have fun with a game/movie/talking. The homemade pizza was my favorite!



**PAT RABE:** Joyce Hamdan made a post on Facebook April 2, asking people to send greetings to people in senior homes. I accepted the challenge and got my friend Linda who got her friend Carol to make cards. I am taking cards to Solheim Lutheran Home for the 160 residents and will find another home next week. Linda made about 60 and her friend made another 20.



**GAYLE NICHOLLS-ALI:** I have been baking and taking lots of photos using old fashion film and processing the film in my kitchen, but that is not as exciting as these bagels! This is a really quick and easy recipe. If you have regular flour and Greek yogurt, baking powder and salt, you can make them. The recipe\*\*\*\* include self-rising flour and regular flour adding baking powder.



\*\*\*\* The recipe Gayle used is found at the end of this newsletter.



# Self Isolation News!

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**CAROL LEINING:** Since I'm still teaching, I have been climbing a very steep learning curve transitioning to virtual learning. All I have been doing is working at the computer! The first few weeks were brutal, truth be told, as I was busy learning the technology, like Google Classroom and Zoom and the applications related to our curriculum. I am not tech savvy, so there was A LOT for me to learn in a very short time.

Once we went live with students, the technology continued to be an issue. I think it buckled under the quantity of users getting on all at the same time. On top of that, the applications (including the online versions of our curriculum) weren't able to support our needs in some cases. We had all sorts of issues with students not being able to get in, getting kicked off, work being erased, students not knowing how to navigate in the applications, etc. It's been extremely stressful! The first couple of weeks almost all my time was trying to handle technical issues--and I am NOT tech savvy!

At this point, I am able to use these platforms and applications better, though not great. I host a 9:00-10:00 Zoom meeting daily with my 4th graders and a 2:00 "office hour" for those who need extra help. They seem to actually like it, but teaching via computer is MUCH different (progress is much slower!) than in the classroom. I either do a math or language arts "lesson" and then post an assignment. Monitoring who does what assignments is also quite different in a virtual world. I am working on the computer the entire day from about 8:30 a.m. to at least 5 or 6 p.m. I am either "in class," monitoring what work students have completed, planning future lessons, looking for materials online that I can use (and then figuring out how to get it to students), correcting student work, attending webinars, answering emails, or meeting with students in Zoom who need help. This has been SO HARD and EXHAUSTING!

Plus, I THINK this will be my last year teaching and it's a crummy way to end--not seeing my students, my parents, my colleagues.

I haven't had time to try recipes or binge watch TV. I have been reading a couple of books: [A Very Stable Genius](#) by Phillip Rucker and Carol Leonnig (fascinating but not surprising) and [A Long Petal of the Sea](#) by Isabel Allende. It's a wonderful book, as all of hers are. She draws her characters so skillfully and masterfully weaves a story. She's absolutely one of my favorite authors. My husband and I go for walks--not as regularly as we should though. I've been doing more eating than I should, that's for sure!

I'm just trying to hang in there.

**NORMA RUSSEL:** Here are some photos from January to now. Our blossoming pear tree, Fritz, Fritz's favorite hobby, and Poppy. We're well, well fed, well read, and not too cabin crazy. I highly recommend Netflix's UNORTHODOX.



## Self Isolation News!

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**PAT KALISH:** Quarantine! Of course, I miss my grandkids, Abby and Ben and the San Marcos gang, but I have a full house! I celebrated Easter with the immediate family, had an Easter Egg Hunt with Val and also celebrated my Birthday! Riding my bike, doing Zoom Pilates, Cooking alot and listening to Audible! Each day I try to do a project like cleaning my closet or my desk! Staying safe and hoping you are too!



**KAREN GOLLHARDT:** I've been keeping busy these past 6 weeks with many sewing projects: doll clothes for my granddaughter, a purse, several masks, & two quilt tops. I've also been creating stained glass sun-catchers that hang in windows and something for my wine-loving daughter's anniversary coming up this summer! Netflix or Hallmark Channel is always on for noise in the background!!! Can't wait to see friends in person!!!





## Self Isolation News!

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**LAURA CASTAGNARI:** I've been spending much of my time in quarantine learning how to connect with students and keep them engaged online in my role as a middle school counselor. It has been a challenge, but I have learned many new applications and feel like I'm really challenging my brain. The picture of me shows a clip from a video I sent in to a Toll teacher who has been putting together videos of the Toll staff to share and connect with our students. In this video, we are each holding a sign that sends a larger message to our Toll students. When I'm not counseling online, making videos, or in zoom meetings, I have really enjoyed taking long daily walks with my husband in our neighborhood of Monrovia. I've been trying new recipes and eating too much, but I guess the walks help! The best part of staying at home is not fighting the traffic during my daily commute and playing board games and puzzles with my husband and daughter. As a new member, I do look forward to getting to know many of you when we are able to gather together again!



**SHIRLEY SAUVAGEAU:** We are playing bingo on line, poker (one card accompanying our delivered meal M-F), jigsaw puzzles (I've done four 1000 piece), 30 crossword puzzles, 101 sudoku puzzles, did 100 plus pages using old family photos, reading (favorite Prague Sonata), culling shoe box of recipes of family members I've inherited (Hope to make family cookbook). We order our meals from online menu and they are delivered once a day. We have patio exercises from our balcony or window weekly. Every other Wednesday an ice cream cart delivers an ice cream bar. Started writing my life story at urging of my sister in law. I am as far as my sophomore year in college. DKG will play a part as I go on. Anyway I am trying to stay positive. Went shopping last week during Ralph's senior hours. Got everything on my list including the last four packages of toilet paper on the shelf. Take care all. We will survive!



**CHRISTINE WERNER:** This time has been incredibly stressful as a teacher. The days have been long, bent over a computer, trying to negotiate curriculum, meet the needs and frustrations of students and parents, all with inadequate internet service! I manage a walk a day to keep myself sane so the boredom of being at home under quarantine is nowhere to be found at the Werner household. We have been clever in using up what is in the cupboards and spice rack to create some of the most interesting and delicious meals. The bonus of this lockdown is the uninterrupted presence of my family. At the end of a long day, we can simply just be together. And that is the most beautiful part of this terribly sad time.

**JEAN CHUBB:** Isolation gives a new perspective on how we live! Change is inevitable, but not easy under these circumstances! I have enjoyed Zoom or Face Time contact with family, getting out for daily walks, reading *The Lost Girls of Paris* by Pam Jenoff, *The Light After the War* by Anita Abirel and now *The Island of Sea Women* by Lisa See. Cleaning needed area, going to the market, pharmacy, etc with mask and gloves in place, reconnecting with cooking have all added to the routine, along with constant sanitizing. Ugh!

Certainly miss the social contacts and activities! One realized the importance of family and friends and the socializing needed to keep one's spirits high. Technology cannot replace actual hugs and physical contacts! Reflecting on our many blessings will keep us moving ahead!

Warm wishes to all and hope to see your smiling faces sooner rather than later! Take care and stay safe!

## Self Isolation News!

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**ROSE GANT:** I'm fine, even though I miss not attending aerobic and line dance classes and not traveling--there is still so much to see and learn in this world.

I've been trying to be "constructively" busy by reading a lot (Sue Grafton's mystery novels, biographies: Michelle Obama's Becoming, Joy Mangano's Joy, Val Chmerkovskiy's I'll Never Change My Name; updating my scrapbooks, family and trip albums; cleaning my closets, pantry, and would you believe, the entire garage; polishing my jewelry pieces; and playing slots online. Most significantly, since I have a difficult time "social distancing to the kitchen", I exercise for about 40-50 minutes almost every morning and walk around my complex neighborhood in the afternoons.

**MARY LOU LANGEDYKE:** We have been working in our yard trying to win the war on weeds! Started a journal about March 15th because this is such a historic event. Stopped watching news programs and started binge watching Bosch on Amazon. Cleaned out the drawers in a piano desk which was a wedding gift to my parents in 1928 and found a plastic letter opener with a 1930 calendar on the back !! Now, that will take the prize for the most long overdue project, I bet. Currently I am reading The Browns of California by Miriam Pawel. This is an excellent history of California, a saga of old fashioned politics and a look at a California political family.

Hope all our Alpha Upsilon sisters and their families are doing well.

First bread making flop!



**KAREN WILCOXEN:** Never in my wildest imagination did I think life would be like it this spring. I have been in wedding mode for the last 16 months, preparing for the big event that was supposed to take place in NYC over Memorial Day weekend. In March, we decided that we had no choice but to cancel the wedding, and we are now focused on Plan B. We are hoping to have an intimate ceremony in a relative's garden in Pasadena, but even planning something tiny is difficult, since we don't know when we will be permitted to safely gather in a small group. So, much of my time is STILL involved in wedding planning, trying to find vendors who are willing to be very flexible about everything. We will hold off having a big reception until life is more normal, but I still want to make their wedding day as special as possible.

The rest of my time has been spent doing some much-needed (and put off!) household projects, reading (I highly recommend Circe by Madeline Miller), trying to get in 5 miles of walking every day, taking online exercise classes, visiting the Arboretum, trying out lots of new recipes, and missing my kids and grandkids.

I miss seeing all of you, and hope everyone is safe and healthy.



## Self Isolation News!

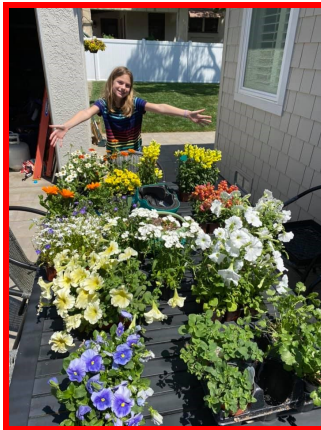
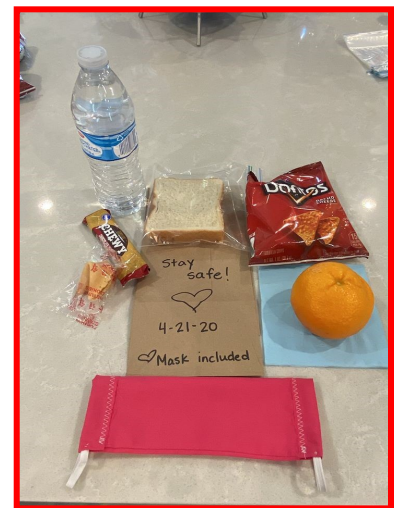
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**MARY LINDA VANDEVELDE:** Just keeping busy by walking, gardening, reading, spending a lot more quality time with our dog, Sammie, and celebrating multiple family birthdays with drive-by parades. (Still festive and still very special!)

Stay safe, stay well and we will all look forward to seeing each other in the fall



**MANDY REDFERN:** Based on Mandy's Facebook postings, she and her family have used part of the self isolating time to really enjoy each other. They traveled to the poppy fields in the Antelope Valley, have made sack lunches for the Union Station Homeless Shelter in Pasadena and planted spring flowers. All this in addition to teaching in these difficult times.



**WILLY CROUSE:** I have been keeping busy while coping with the stay at home directives during these unprecedented times we are all experiencing. I've made masks for employees family, and friends. I've donated blood to the Red Cross. I've also been busy working and gardening in my yard and trying out new recipes in the kitchen. I take daily three mile walks for exercise and a change of scenery. I've been reading the books that have piled up, listen to music, and meeting with my friends and family electronically.

## Self Isolation News!

**MARY JANE HUFSTEDLER:** My new puppy is 5 months old and keeps me pretty busy training her and keeping her from chewing my shoes and anything else she can get her month on. Her name is Ladybird and she comes from Texas. I've also made several batches of orange marmalade and tried my hand at baking sourdough bread. I've also planted flowers in pots to hang along my back wall high enough that Ladybird can't get them.



**ROBIN WILLIAMS:** How wonderful that Judy is "getting us all together"!! I've been enjoying watching the leaves on my trees come out, dealing with hair that keeps growing and trying to get more motivated to continue cleaning out closets, etc. Luckily my yoga teacher is teaching via Zoom three times a week and I enjoy taking walks around the neighborhood. Zoom TGIF meetings with friends and many more phone calls have been great ways to continue to socialize. My fruit tress have had tons of fruit and I've been sharing with neighbors, friends and Union Station. The pace of my life has slowed down a lot and I've watched more TV than I'm used to. I did just finish reading "The Library Book" and "The Secret Life of Mrs. London" and am currently reading "Your Inner Fish" ( I was a science teacher). All plans for a move to Oregon are on the "back, back, way back burner. The photo of my house shows it in spring instead of winter. Best to all of you and hope for a positive end to this "unusual time".

**JUDY KEARNS:** What an interesting time we are in! Hopefully some of you are journaling your thoughts at this time. Our words will become primary resources for the future. Life in the Kearns house is pretty much like yours, I'm sure. Paul and I have been behaving ourselves and only going out if absolutely necessary, with our masks of course! Have been Facetiming with our grandson in Maryland as well as receiving Marco Polos. Sunday our grandson here in California came over for an outside, backyard visit. Last week we had a cul de sac party with our neighbors. Plan to repeat it this week! Our iris have been looking lovely this week. Roses had their first bloom and are starting into their second! My main accomplishment was removing my nails without injuring the nail bed!



## 2 INGREDIENT BAGELS

These 2 ingredient bagels are simply made with self rising flour and non-fat Greek yogurt! Finish them with your choice of toppings.

3 4 3

<b>Prep Time</b>	10 minutes
<b>Cook Time</b>	25 minutes
<b>Total Time</b>	35 minutes
<b>Servings</b>	8 bagels
<b>Calories</b>	151kcal
<b>Author</b>	<a href="http://RecipeGirl.com">RecipeGirl.com</a>
<b>Course</b>	Breakfast
<b>Cuisine</b>	American
<b>Keyword</b>	2 ingredient bagel recipe, 2 ingredient bagels, weight watchers bagels



SAVE RECIPE



4.77 from 26 votes

### INGREDIENTS

#### **BAGEL DOUGH:**

- 2 cups self rising flour
- 2 cups nonfat plain Greek yogurt (see Recipe Notes for tips)

#### **TOPPINGS:**

- 1 large egg
- pinch of fine sea salt
- 1 teaspoon water
- everything bagel seasoning mix, sesame seeds, poppy seeds, etc (all optional)

### INSTRUCTIONS

1. Preheat the oven to 375 degrees F. Place parchment paper on a baking sheet. Lightly coat with cooking spray to prevent the bagels from sticking.
2. In a large bowl, use a sturdy spatula to combine the self-rising flour and yogurt until the mixture clumps to a shaggy dough. Dump the mixture onto a lightly floured work surface. Knead the dough together by hand for about 5 minutes, until the dough is smooth and elastic. Dust with additional flour as needed if the dough is too sticky (see Recipe Notes below for tips).
3. Divide the dough into 8 equal parts. Shape each portion of dough into a ball. Use your thumbs to make a hole in the center of each ball. Gently pull and stretch until the dough is a uniform sized ring. Repeat with remaining rounds. Flour your hands as needed.
4. Arrange the shaped bagels on the prepared baking sheet. Mix together the egg wash by whisking the egg, salt, and water in a small bowl until smooth. Brush the egg wash mixture over the bagels. Sprinkle desired toppings over bagels.
5. Bake for 20 to 22 minutes, rotating the baking sheet midway through baking. Remove from the oven. Increase oven temperature to 450 degrees F. Return the baking sheet to the oven and bake for another 3 to 4 minutes until the tops of the bagels have browned.

### NOTES

- **To make *homemade self-rising flour*:** combine 2 cups all-purpose flour, 1 tablespoon baking powder, and 1/2 teaspoon fine sea salt.
- To make a bagel with more "chew," substitute bread flour for AP flour in homemade self-rising flour recipe listed above.
- **Use strained thick Greek yogurt.** Stay away from those that are labeled "Greek style" yogurt as they tend to have more moisture. Suggested brands include: Fage Total 0% Greek Yogurt and Stonyfield Greek Yogurt.

- The dough can also be mixed together in a stand mixer using a dough hook attachment. Add the ingredients to a mixing bowl and mix on low speed until a shaggy dough forms. Increase to medium speed and knead until the dough no longer sticks to the sides of the bowl.
- When rotating the baking sheet, check if the bottoms of the bagels are browning too fast. If so, simply place another baking sheet under the current baking sheet and continue baking.

### **NUTRITION**

Serving: 1bagel | Calories: 151kcal | Carbohydrates: 24g | Protein: 9g | Fat: 1g | Saturated Fat: 0g |  
Cholesterol: 25mg | Sodium: 27mg | Potassium: 110mg | Fiber: 0g | Sugar: 1g | Vitamin A: 35IU | Calcium:  
63mg | Iron: 0.4mg | Blue WW Smartpoints: 3 | Green WW Smartpoints: 4 | Purple WW Smartpoints: 3

*recipe found on:* <https://www.recipegirl.com/2-ingredient-bagels/>

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