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## **CINNAMON-RAISIN SWEET POTATO BAGELS**

With Maple Cashew Cream Cheese

**Spiralized / Saves Well Vegetarian / Gluten-Free Paleo / Dairy-Free Low-Cal**

**NUTRITIONAL INFORMATION** *Per serving* **Calories 161 / Fat 8g / Sat Fat 2g / Sodium 55mg / Carbs 18g /  
Fiber 2g / Sugar 8g / Protein 5g**

TIME TO PREPARE 15 minutes plus 3 hours soaking

TIME TO COOK 30 minutes

SERVES 6

You'll never get a Jersey girl to give up her bagel, because if you didn't know, New Jersey produces the world's best bagels. It's a fact. While walking through a kitchenware store, I spotted a doughnut pan and thought, "If I stuff these with spiralized veggies, they'll come out looking like bagels!" Allow me to introduce you to the spiralized bagel. This cinnamon-raisin version is made with sweet potato noodles and smeared with a vegan cream cheese made from cashews and sweetened with maple syrup. However you top your bagels, you'll love having these in your clean-eating breakfast arsenal.

*For the bagels*

**Neutral oil or cooking spray**

**1 tablespoon extra-virgin olive oil**

**2 sweet potatoes, peeled and spiralized with Blade D**

**2 large eggs, beaten**

**½ teaspoon ground cinnamon**

**¼ cup raisins**

*For the maple cashew cream cheese*

**½ cup raw cashews, soaked for at least 3 hours or preferably overnight**

**3 tablespoons unsweetened almond milk, plus more as needed**

**¼ teaspoon ground cinnamon**

**½ teaspoon pure vanilla extract**

**2 teaspoons pure maple syrup**

**Pinch of salt**

Preheat the oven to 400 degrees. Grease a nonstick doughnut pan with neutral oil or cooking spray.



**Make the bagels.** Heat the olive oil in a large skillet over medium-high heat. When the oil is shimmering, add the sweet potato noodles. Cook the noodles, tossing occasionally, until wilted, about 10 minutes. Transfer the noodles to a large bowl and refrigerate until cool, about 5 minutes.

Add the eggs, cinnamon, and raisins to the cooled sweet potato noodles and toss well to coat. Pack the noodles into the doughnut pan. Bake until the bagels are firm and the tops are crisp, about 15 minutes.

While bagels cook, make the maple cashew cream cheese. In a food processor, process the cashews, almond milk, cinnamon, vanilla, maple syrup, and salt until smooth. If the mixture is too thick to blend, add another tablespoon of almond milk.

Carefully pop the bagels out of the pan and let cool for 5 minutes. Spread with the maple cashew cheese and serve.

*TIP: If you want to make these bagels in your favorite traditional bagel flavor, use russet potatoes, skip the raisins, and season appropriately.*

