



BREAD ROLLS

ALLERGIES:

No grains
No dairy
No gluten
Low disaccharides

Prep time: 10 mins

Cook time: 60 mins

Serves: 12 rolls



INGREDIENTS

- 200g raw almonds (ground into flour)
- 50g psyllium husks
- 1 tsp salt
- 3 tsp baking powder (gluten free)
- 1 tbsp linseeds (ground)
- 5 egg whites
- 45g apple cider vinegar
- 375 mls boiling water
- linseeds, sesame or poppy seeds to sprinkle on top

METHOD

- Preset oven to 180°C, (350°F) Conventional oven is better than fan forced)
- Line baking tray with baking paper.
- Mix all dry ingredients together in large bowl.
- Add egg whites and vinegar and mix quickly.(Knead if using thermomix)
- Add boiling water, and mix quickly until combined.
- This thickens quite quickly, so work fast.
- Divide into 10 - 12 rolls and drop onto baking tray, sprinkle with extra seeds.
- Bake in oven for 50 minutes, until brown on top and cooked through.
- Cool on wire rack.
- Suitable to freeze.