

Keto Rolls

- 1.25 cups almond flour
- 5 T psyllium husk powder
- 2 tsp baking powder
- 1 tsp salt
- 1 tsp onion powder (optional)
- 1 tsp garlic powder (optional)
- 4 egg whites
- 1 cup boiling water
- 2.5 tbs Apple Cider Vinegar

Combine all ingredients except the boiling water. I use a hand mixer to get the ingredients REALLY combined (this helps the consistency of the bun, IMO.)

Slowly add the boiling water, about 1/3 at a time, and mix really well.



Take the finished "dough" and separate it into 4, 6, or 8 pieces, depending on the size of the buns you want. Keep in mind, they will AT LEAST double in size! I usually do 6 buns that turn out about the size of a regular hamburger bun.

Evenly space each bun on a baking sheet that's covered in parchment paper. Bake at 350F for 55 minutes.

LET COOL before you cut into them. I usually cut them in half and toast them to get an even more bread like texture.

These are keto-life changing! They're delicious, and open up a whole new realm of foods you can enjoy again (sandwiches, dips, burgers w/ a bun!)

Recipe Nutrition Calculator

Recipe name

keto rolls

Number of servings

Serves 6 people

Ingredients

	Calories	Carbs	Fiber	Fat	Protein	Sugar
Bob's Red Mill - Finely Ground Almond Meal/Flour--Net Carbs, 1 1/4 cup	800	30	15	70	30	5
Yerba Prima - Psyllium Husks Powder, 14 grams (1 rounded teaspoon)	42	13	13	0	0	0
Clabber Girl - Baking Powder (Double Acting, Gluten Free), 2 tsp	0	0	0	0	0	0
Generic - (4) Egg Whites , Scrambled In Cooking Spray, 4 medium eggs	158	1	0	0	0	1

Add Ingredient

Total:	1,000	44	28	70	30	6
Per Serving:	167	7	5	12	5	1