



LOW-CARB DINNER ROLLS

By Dr. Cindy Tanzar
(Maintenance)

Makes 8 rolls.



INGREDIENTS

- 8 ounces organic pre-shredded mozzarella cheese
- 1-1/2 cups almond flour
- 2 ounces organic cream cheese
- 3 tsp. baking powder
- 2 large pastured eggs
- 1 large egg white
- 2 tsp. sesame seeds, poppy seeds, or Everything Bagel seasoning, Optional



DIRECTIONS

Preheat oven to 400°F. Line a baking sheet with parchment paper.

Whisk together the almond flour and baking powder.

Place mozzarella and cream cheese in a large microwaveable bowl. Microwave on high for 2 minutes, stirring after 1 minute.

You can also melt it in a double boiler on the stove. Stir until well-combined.

Add almond flour mixture to cheese, along with two whole eggs. Use your hands to knead the dough until consistent. (If too sticky, try sprinkling a bit more almond flour in) Can microwave in 20 second bursts to soften, if needed.

Divide dough into 8 pieces. Roll each piece into a ball and place on baking sheet.

Brush each roll with egg whites and sprinkle with seeds, if using.

Bake for 11-14 minutes until golden and firm.

Microwave briefly to rewarm.