



Three-Seed Superfood Dinner Rolls

Active Time: 10 minutes | **Total Time:** 1 hour | **Serves:** 8

Nutrition Information Per Serving

105.4 calories, 7.08 g carbohydrate, 4.34 g fiber, 2.74 g NET carbs, 4.96 g protein, 6.43 g fat

Ingredients

- 1/2 package(s) Wellness Bakeries Better Bread Mix
- 2 Tbsp(s) chia seed
- 1 Tbsp sesame seed
- 1/8 cup(s) chopped pumpkin seeds
- 4 large(s) egg whites
- 1 Tbsp organic apple cider vinegar
- 2/3 cup(s) boiling filtered water

Preparation

1. Preheat oven to 350 F and grease a baking sheet.
2. Heat water to boiling (no exceptions!)
3. In a medium bowl, combine the egg whites and apple cider vinegar.
4. Add Better Bread Mix, pumpkin seeds and part of the chia Beat on medium-low speed to combine.
5. Pour in boiling water and blend on medium-low speed for 30-45 seconds. The dough will thicken and come together.
6. Use a rubber spatula to divide the dough into eight equally-sized balls.
7. Place each dough ball on the cookie sheet and sprinkle with additional chia and sesame seeds.
8. Bake for 45 minutes.

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