



Paleo Burger & Hot Dog Buns

Active Time: 5 minutes | Total Time: 45 minutes | Serves: 8

Nutrition Information Per Serving

153.1 calories, 10.54 g carbohydrate, 6.13 g fiber, 4.41 g NET carbs, 7.8 g protein, 8.61 g fat

Ingredients

- 1 package Wellness Bakeries Better Bread Mix
- 8 large(s) egg whites
- 2 Tbsp(s) organic apple cider vinegar
- 2/3 cup(s) boiling filtered water
- 1 Tbsp sesame seeds for topping hamburger buns (optional)

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 and beat on medium-low speed to combine.
5. Pour in boiling water and blend again on medium-low speed for 30-45 seconds until dough comes together.
6. Use a rubber spatula to divide the dough into 8 equally-sized balls. For burger buns, flatten dough circle to $\frac{3}{4}$ inch height. For hot dog buns, roll dough into an 8-inch log and flatten to $\frac{3}{4}$ inch height.
7. Place on the greased baking sheet. Top with sesame seeds, if desired.
8. Bake for 35-45 minutes.

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