



Keto Dinner Rolls

Active Time: 10 minutes | **Total Time:** 40 minutes | **Serves:** 8

Nutrition Information Per Serving

149.9 calories, 3.22 g carbohydrate, 1.22 g fiber, 2 g NET carbs, 8.98 g protein, 11.68 g fat

Ingredients

- 3/4 cup(s) Miracle Mix
- 6 ounce(s) shredded organic mozzarella cheese
- 2 ounce(s) organic whole cream cheese
- 2 large(s) pastured egg
- 1 large egg white
- 1 tsp non-aluminum baking powder
- 2 tsp(s) sesame seeds

Preparation

1. Preheat oven to 400 F. Line a baking sheet with unbleached parchment paper.
2. In a large mixing bowl, combine the Miracle Mix and baking powder.
3. In a glass bowl, add the mozzarella cheese and cream cheese. Microwave for 45 seconds; stir then microwave for another 30-45 seconds.
4. Add the melted cheeses to the dry ingredients and mix. Add the eggs and mix again, kneading with your hands to form a smooth dough.
5. Cut the dough into 8 equal pieces. Roll each piece into a ball and place on prepared baking sheet.
6. Brush with egg white and sprinkle with sesame seeds.
7. Transfer to the oven and bake 11-14 minutes to golden.

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