



Golden Keto Dinner Rolls

Active Time: 30 minutes | Total Time: 2 hours | Serves: 16

Nutrition Information Per Serving

153.4 calories, 5.98 g carbohydrate, 3.43 g fiber, 2.55 g NET carbs, 5.87 g protein, 13.93 g fat

Ingredients

- 1 package Miracle Bread Mix
- 1 tsp Bob's Red Mill Xanthan Gum
- 2 tsp(s) Jarrow Inulin
- 1/2 tsp(s) Maldon Smoked Sea Salt Flakes
- 4 Tbsp(s) organic sour cream
- 3 large(s) pastured eggs
- 4 ounce(s) organic cream cheese
- 2 tsp(s) active dry yeast
- 1 Tbsp organic apple cider vinegar
- 1/4 cup(s) filtered water
- 2 1/2 Tbsp(s) extra virgin olive oil

Preparation

1. Prepare a large baking sheet with unbleached parchment paper.
2. Add the yeast and sweetener to a large bowl. Heat water to 105°F - 110°F (41°C - 43°C) and pour over yeast. Cover with a kitchen towel to bloom for 7 minutes. If yeast does not produce foam, start over.
3. In another bowl, whisk the eggs, vinegar, sour cream, cream cheese and olive oil or butter.
4. Add the wet ingredients into the yeast mixture. Using a hand held mixer, beat to combine. Pour in the Miracle Bread Mix and xanthan or konjac and beat on medium to fully combine. Let stand 2-3 minutes to allow water to absorb and batter to thicken.
5. Using wet hands, scoop batter roughly the size of a golf-ball. Smooth each dough ball into a round, slightly domed shape and place on parchment. For a shiny, golden crust, gently brush with egg wash.
6. Cover with a kitchen towel and place in a draft-free area to rise for 50 minutes.
7. Preheat oven to 350°F (177°C). Sprinkle rolls with flaky sea salt and transfer to the oven. Bake 22-25 minutes to golden.
8. Cool in the pan on a wire rack for 10 minutes, then transfer to a wire rack to cool completely.

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