



# Keto Bread Dinner Rolls

Keto Bread that is NOT eggy or full of mozzarella cheese! This is our favorite Keto roll and I can't wait for you to try it!

Pair them with soup, use them for hamburgers, or as garlic bread!

## Recipe:

1 ¼ C almond flour  
3 Tablespoons Flaxseed Meal  
2 Tablespoons psyllium husk  
2 teaspoons Baking Powder  
1 teaspoon Garlic Salt (or Italian seasoning)  
2 teaspoons Apple Cider Vinegar  
3 egg whites  
1 C boiling water

Stir the dry ingredients together. Then mix in the apple cider vinegar and egg whites. Finally, add in one cup boiling water. Be careful not to over mix. The dough should be sticky, spongy, but pull away from the side of the bowl.

Bake at 350 for 45-50 min.



## The Keto Dad Tips and Tricks:

- Don't over mix the dough!
- We have also added in Italian seasoning for lasagna night! Keto Callie said they smelled like pizza :)
- A Cookie Scoop works great to dish these out.

Serving size: 2 Rolls (makes 16 rolls or 8 servings total)

Calories: 130, Fat: 10g, Carbs: 5g, Fiber: 3g, (Net Carbs 2) Protein: 6g

[SimpleFunKeto.com](http://SimpleFunKeto.com)

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