



KETO GARLIC BREAD ROLLS

an easy recipe you can do at home

INGREDIENTS

For Garlic Bread

1 ½ cups of Almond flour
5 tbsp ground Psyllium Husk powder
2 tsp baking powder
1 tsp sea salt
1 cup water
3 egg

For Garlic Butter

5 tbsp of butter
1 1/2 garlic powder
2 tbsp parsley
1 tsp salt

DIRECTIONS

In a large or medium size bowl add the almond flour, psyllium husk, baking powder and sea salt then give the ingredients a light mix until they combine. Add the water and eggs and then mix together very well to form a dough. Moisten your hands with water and then shape your dough into 7-10 rolls and place them on a baking tray lined with baking paper. Bake in the oven at 175C degrees for 40 minutes. Once cooked, allow the rolls to cool for 20 minutes. To make the garlic butter, mix together the butter, garlic and parsley in a small bowl and refrigerate until you are ready to use it. Once your rolls have cooled down cut them into equal halves and then spread the garlic butter on each half. Increase the oven temperature to 225C degrees and place the rolls back in the oven for further 15 minutes until lightly brown.