

Rustic Italian Rolls

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SERVINGS: 6

TIP

Delicious served warm and spread with salted butter.

NUTRITION INFO

Calories — 85 Fat — 8 g Protein — 4 g
Carbs — 3 g Fiber — 2 g Net carbs — 1 g

Nutrition has been calculated using the MyFitnessPal recipe calculator.

INGREDIENTS

- 1 C. super fine almond flour (from blanched almonds)
- ¼ C. ground flax seed meal
- 1 ½ tsp. baking powder
- ¼ tsp. garlic powder
- 1 C. shredded mozzarella cheese
- 1 oz. cream cheese, softened
- 1 egg, lightly beaten

DIRECTIONS

1. Preheat oven to 350 degrees.
2. In a medium bowl, add dry ingredients; stir to mix well. Set aside.
3. In a microwave proof bowl, add cream cheese and mozzarella cheese. Microwave on high 1 minute. Stir until smooth.
4. Slowly add beaten egg to cheese mixture mixing with a fork until blended.
5. Add dry ingredients to cheese mixture; mix until blended.
6. Line a baking sheet with parchment paper.
7. Scoop batter out with a standard size ice cream scoop making 6 rolls.
8. Bake 14 minutes or until lightly browned.