



Almond Flour Rolls

(Makes about 20 rolls)

Dry ingredients

- 1 cup psyllium husk
- 3 $\frac{3}{4}$ cups almond flour (or almond meal)
- 2 tablespoons baking powder
- 2 teaspoons salt

Wet ingredients

- 3 cups hot water
- 2 tablespoons apple cider vinegar

Preheat the oven to 350 degrees. Line two baking sheets with parchment paper.

Add all the dry ingredients to a large bowl and mix well. Add the wet ingredients to the dry mixture and combine until a dough is formed.

Using a $\frac{1}{4}$ cup measure or "regular" size muffin scoop, measure the dough and roll in your hands to make the roll shape. Place on prepared baking sheets. Bake on middle rack of oven for 50 minutes, until the bottom is firm and sounds hollow when tapped.

Recipe lightly adapted from DietDoctor.com, The keto bread