For Health and Long Life

At last, you no longer have to resist those light, fluffy, buttery dinner rolls. These delicious fluffy Keto Dinner Bread Rolls have only 2.5 g net carbs per roll. Not only are they every bit as good as any bread roll you have ever tasted, they come without the guilt trip!

Servings - 24

Prep Time - 10 Mins | Cook Time - 12 Mins | Resting Time - 1 Hr | Total Time - 1 Hr 22 Mins

Difficulty - Easy



Cuisine - American

RECIPE

KETO DINNER BREAD ROLLS

EQUIPMENT

Cup and Spoon Measures

Disc Kitchen Scale

Mixing Bowls

Electric Stand Mixer

Non-Stick Silicone Baking Mat

Metal Pastry Cutter

12 x 8-inch Baking Dish

Parchment Paper

Cling Film

Aluminum Foil

INGREDIENTS

600 g FHALL Low Carb All-Purpose White Flour

2 Tbsp Active Dry Yeast

2 Tsp Maple Syrup

1/8 Cup Monk-Fruit/Erythritol blend sweetener

1 Tsp Himalayan Salt (Ground)

236 ml warmed to 105 F, Almond Milk (unsweetened)

120 ml Double/Heavy Cream

75 g Softened Butter

1 Large egg , room temperature

30 g Melted butter

METHOD

Heat the milk and cream and pour it into your stand mixer. Add in the yeast, and maple syrup. Let it sit for a few minutes then add the egg.

Combine 360 g of the flour, salt, butter, and add it to the ingredients in your stand mixer.

Using the dough hook mix at low speed until the flour is incorporated, scraping down the sides of the bowl as necessary.

Increase the speed to medium and beat the dough for 2 minutes then add 60 g flour and blend until incorporated. And another 60 g of flour and repeat, mixing at medium speed for another 2 minutes until a ball of dough is formed. Add additional flour as necessary.

The dough should be slightly sticky and soft and pulling away from the edge of the bowl.

Transfer the dough to a lightly greased bowl and cover with a plastic cover. If you do not have a bowl with a cover, use cling film. Let it rise for 30 minutes at room temperature. If your room is cold or drafty, proof your bread in the oven with a tray of boiling water below it. Making sure your oven is turned off.

Remove the cover and knock down the dough by punching down lightly.

Preheat oven to 375°F/190°C or Fan 170°C/Gas Mark 5.

Pull off pieces of the dough and form 24 rolls. They should be approx 47 g each.

Transfer the rolls to a lightly greased baking sheet or 9 x 13 baking dish. Cover with a towel and set aside for a further 30 minutes at room temperature.

Bake the rolls for 12 to 15 minutes or until golden brown and cooked through. Check them after 9 or 10 minutes and if the rolls are getting too brown, tent them with foil.

Remove rolls and brush them evenly with the 30 g melted butter. Serve immediately

STORAGE

Store cooled rolls in a plastic bag for up to 3 days. The rolls freeze very well for up to 60 days. Please make sure you defrost thoroughly before use. You can heat them in the microwave when they are defrosted for 10 seconds per roll.

NUTRITION FACTS

Per serving : 46 g | Calories 129 | Protein 11.6 g | Fat 4.8 g | Carbs 9.6 g | Fiber 7.1 g
Net Carbs : 2.6 g

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