

Bread Rolls

Recipe Serves

8 Servings

Ingredient	Amount
Eggs	2 ----
Cream Cheese	4 oz
Butter	4 tbsp
Whey Protein	2 tbsp
Dry Active Yeast	2 tsp
Mozzarella Cheese	2 cup
Almond Flour	2 1/2 cup
Baking powder	2 tbsp
Cream of Tartar	1 tsp
Sesame seeds (optional)	----

Net Carbs = 4.4g

Nutrition Facts

Servings: 8

Amount per serving

Calories **271**

% Daily Value*

Total Fat 22.6g	29%
Saturated Fat 11.2g	56%
Cholesterol 94mg	31%
Sodium 287mg	12%
Total Carbohydrate 5.5g	2%
Dietary Fiber 1.1g	4%
Total Sugars 0.7g	
Protein 14g	
Calcium	27%
Iron	7%
Potassium 545mg	12%

*The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. [2,000 calorie a day](#) is used for general nutrition advice.

Instructions

1. Pre-heat oven to 375°F
2. In a large microwaveable bowl, melt the butter, cream cheese and the mozzarella cheese. Use 30 second increments and stir after each time until melted and smooth (as shown in my video).
3. In a separate bowl combine all of the dry ingredients. Stir until well combined.
4. Add the dry ingredients and mix well until combined. Then add the beaten eggs.
5. Knead the dough and roll into a large ball. Cut into half and then into quarters.
6. Roll the quarters into balls and place on a lined baking sheet.
7. Brush with some melted butter and sprinkle some sesame seeds on top (optional).
8. Bake for 15-20 minutes or until golden brown.
9. Allow to cool 5-10 minutes.
