



Bread Rolls

Recipe makes:

6 Rolls

Preparation time:

10 minutes

Baking time:

20-25 minutes

Nutritional Information

1 Roll

Energy	186kcal
Carbohydrates of which sugars	2.4g 1.1g
Protein	7.7g
Fat	16.2g

Ingredients:

- 156g ground almonds
- 25g psyllium husk
- 2 ½ heaped tsp baking powder
- Pinch of salt
- 2 large eggs, beaten
- 1 tsp vinegar
- 130ml freshly boiled water
- Spray oil

Chefs Tip:

- Great with Curry bean salad (see separate recipe card).

Method:

1. Preheat the oven to 180°C/ fan 160°C/ gas mark 4.
2. In a medium bowl, mix the ground almond, psyllium husk, baking powder and a pinch of salt together.
3. In a separate small bowl, mix the eggs and vinegar together and add to the dry ingredients.
4. With clean hands, mix the egg and flour mixture into a dough.
5. Add the boiling water into the dough and beat well with a wooden spoon until dough-like consistency is achieved. Take care not to burn yourself. The dough should start to froth and swell, this is normal.
6. Divide the dough into 6 equal sized balls and shape into your preferred shape.
7. Line a baking tray with parchment paper, add the dough balls and lightly spray them with the oil.
8. Bake for approximately 20-25 minutes until golden brown.
9. Remove from the oven and place the rolls on the cooling rack.

This recipe can also make flat breads

Follow steps 2-4 as above.

1. Divide the dough into 16 equal balls and roll each ball in between parchment paper into 15-17cm/ 6-7inch diameter sized rounds.
2. Lightly oil a pan with spray oil and fry the flat bread for 1 minute each side until golden brown.
3. Stack flat breads by adding parchment paper between them.
4. The flat breads are now ready for filling.

This recipe has been specifically designed for the dietary management of Glycogen Storage Disease. Refer to labels for allergen and other product information.



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