

LCHF rolls / LCHF bread buns

12 rolls

10 tbsp fiber husk
6 dl almond flour
4 tsp baking powder
2 tsp flaked salt
5 dl boiling water
4 tsp white wine vinegar
6 egg whites
Sesame seeds

Preheat oven to 175 °C (347 °F).

Mix the dry ingredients in a bowl.

Add boiling water, vinegar and egg whites.

Mix with an electric whisk for a few minutes.

Divide the batch into 2 parts (2 x 6 rolls).

Wrap the part that will be baked later in plastic wrap.

Form 6 rolls and place on baking paper.

Brush a little water on each roll and top with sesame seeds.

Bake in the lower part of the oven for 50-60 minutes.