

Dinner Rolls with Parmesan-Garlic Butter

Nutrition Information Per Serving

Fat: 12g | Protein: 6g | Carbs: 6g | Calories: 154

Makes 12 servings



Ingredients

- 6 eggs
- 4 egg whites
- 9 Tbsp butter, melted and divided
- $\frac{2}{3}$ cup coconut flour
- $\frac{1}{4}$ cup psyllium husk powder
- 1 $\frac{1}{4}$ tsp salt, divided
- 2 tsp baking soda
- 2 tsp apple cider vinegar
- 2 Tbsp freshly grated parmesan
- 2 tsp minced garlic
- $\frac{1}{2}$ tsp dried parsley

Instructions

1. Preheat oven to 350 degrees. Grease a muffin pan with butter or oil or line with liners.
2. Whisk eggs and egg whites in a bowl. Add 6 tablespoons melted butter.
3. Add coconut flour, psyllium, $\frac{1}{2}$ teaspoon salt, baking soda, and vinegar to egg mixture. Stir to combine.
4. Divide batter into muffin cups.
5. In a small bowl, whisk the 3 remaining tablespoons of melted butter with the parmesan, garlic, parsley and $\frac{3}{4}$ tsp of salt.
6. Brush tops of unbaked rolls with half of the butter mixture.
7. Bake for 20 minutes until firm to touch.
8. Remove from oven and brush with remaining butter mixture. Serve warm.