



GENESIS
-HEALTH REVOLUTION-

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Honey Oat Dinner Rolls

INGREDIENTS:

- 3 TB of psyllium husk powder (must be powder, not seed or husk)
- 1 cup of pure water
- 1 cup of non-dairy milk (I use unsweetened hemp or coconut)
- 2 TB of apple cider vinegar

- 3 TB of raw honey
- 2 TB of olive oil

- 1 1/2 cup of finely ground fresh GF oat flour
(grind 1 cup GF rolled oats in high powered blender)
- 1 cup of brown or white rice flour or sweet sorghum flour
- 1 ts. of sea salt
- 2 ts. aluminum free baking powder
- 1 ts. of baking soda

Sprinkle up to 1/4 cup extra oat flour for dusting and kneading rolls

DIRECTIONS:

- In a large mixing bowl, whisk the psyllium husk powder, water, milk and apple cider vinegar together. It will turn into a thickened blob in a few minutes, then whisk in the oil and honey in together. *You can sub the honey for maple syrup if you are a strict vegan*
- Then, add all of the dry ingredients and mix with a spatula or wooden spoon until all of the flour is blended, but be careful to not over mix and make it too sticky.
- It will be spongy and you can dump the dough on a parchment paper or wood cutting board. Then roll the dough into a ball, cut in half and then each half into 6 parts.
- Then roll out with your hands each roll. The trick I learned while working at a bakery in college was to take the roll dough portion and keep it on the table or board with your hand caged over it with your fingers secured to the board. (Next Page)

DIRECTIONS:

Rotate your hand cage over the roll dough until it forms a ball. You may need to use a little rice or oat flour if the dough is a bit sticky on the board. You can also reserve a little flour for dusting the rolls before baking.

-Then finally arrange the rolls on a parchment papered baking sheet and pat the rolls with a drop of water and sprinkle with some oat flour or whole rolled oats. The water helps the oats stick while baking. Then put in a preheated 350 degree oven for 40 minutes, but can last for 45 minutes if you want a thicker crust. The rolls will be soft on the inside and crusty on the outside.

-Pull from the oven and let cool for 20 minutes before cutting or handling. This will help the baking process finish and yield a non-gummy roll. When cooled you can store in an air tight container or ziplock bag on the counter for 3-4 days. Or else you can also keep in the fridge to store longer and pull out to warm up before serving.

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