

# Bread Rolls



1.5:1 ratio

- **Preparation time:** 10 minutes
- **Cooking time:** 20 - 25 minutes
- **Recipe makes** 6 bread rolls

Recipe provides **approximately:**

Nutritional content	Quantity				Your recipe/MKD exchanges
	6 bread rolls		1 bread roll		
Fat	90.8g	60.8g LCT	15.1g	10.1g LCT	
		30g MCT		5g MCT	
Protein	39.5g		6.6g		
Carbohydrate	19.4g		3.2g		
Energy (calories)	1053kcal		175.5kcal		



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# Bread Rolls

Ingredients	Quantity	Your recipe
Almond Flour Flurry e.g. Holland & Barrett	108g	
Carbohydrate free baking powder e.g. Barkat	6g	
<b>MCTprocal™</b>	48g	
Salt	a pinch	
Egg white	100g	
Psyllium Husk	25g	
Vinegar	2g	
Water, boiling	90g	

## Method

1. Pre heat oven to 180°C/fan 160°C/gas mark 4.
2. Mix together almond flour, baking powder, **MCTprocal™**, psyllium husk and salt.
3. Add egg white and vinegar, mix well.
4. Pour in the boiling water and mix with a spatula until a dough forms.
5. Divide into 6 equal portions and then shape in to buns. Alternatively use a 5cm diameter ice cream scoop to portion out which will provide 6 equal portions.
6. Brush with a little beaten egg yolk or oil and bake for approximately 15 minutes until cooked through and golden brown.
7. Leave to cool on a wire rack.



### Always check with your dietitian what is suitable for you

- Perfect for sandwiches and lunchboxes
- Great as a burger bun
- Serve with keto soup



**MCTprocal is a food for special medical purposes and must be used under medical supervision.  
This recipe has been specifically designed for use in a ketogenic diet.  
Refer to labels for allergens and other product information.**