

Bread Rolls



- **Preparation time:** 10 minutes
- **Cooking time:** 40 minutes
- **Recipe makes** 6 portions

Recipe provides **approximately:**

Nutritional content	Quantity		% of total energy	Your recipe
	6 bread rolls	1 bread roll		
MCT	60g	10g	49.5%	
LCT	34.2g	5.7g	28%	
Protein	35.4g	5.9g	13%	
Carbohydrate	26g	4.3g	9.5%	
Energy (calories)	1093kcal	182kcal	100%	



Innovation in Nutrition
A Nestlé Health Science Company



Bread Rolls

Ingredients	Quantity	Your recipe
Almond flour flurry e.g. Holland & Barrett	60g	
Psyllium husk e.g. Sat-Isabgol	25g	
MCTprocal™	96g	
Carbohydrate free baking powder e.g. Barkat	6g	
Salt	a pinch	
Egg white	100g	
Vinegar	2g	
Water, boiling	80g	

Method:

1. Pre heat oven to 180°C/fan 160°C/gas mark 4.
2. Mix together almond flour, **MCTprocal™**, psyllium husk, baking powder and salt. Add egg white and vinegar, mix well.
3. Pour in the boiling water and mix with a spatula until a dough forms.
4. 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.
5. Brush with a little beaten egg yolk or oil and bake for approximately 40 minutes until cooked through.
6. 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.