

# KETO SWEET DINNER ROLLS

## INGREDIENTS

- 1 1/2 cup shredded mozzarella cheese
- 2 oz. cream cheese
- 1 1/4 cup almond flour
- 2 tablespoons coconut flour
- 1 teaspoon baking powder
- 1/4 cup grated parmesan cheese
- 2 teaspoons monk fruit sweetener
- 3 eggs (1 for egg wash)
- 2 tablespoons melted butter



## DIRECTIONS

Preheat oven to 350° Fahrenheit. Grease cupcake pans to avoid any sticking and set aside.

2. In a medium-size bowl, add almond flour, coconut flour, baking powder, grated parmesan cheese, and monk fruit (or preferred keto sweetener) and mix well. Set aside.
3. In a large microwavable bowl, add in the mozzarella and cream cheese. Microwave in 30-second intervals until cheese is completely melted.
4. Once the cheese is melted, add in the dry ingredients and mix. Then add in 2 eggs and 1 tablespoon of melted butter and knead until the dough is all combined. I found using my hands worked best, and you'll want to avoid over-mixing as this can result in less rise.
5. Scoop out dough with an ice cream scooper (about a 2" ball) and roll until smooth. This size will make a dinner-sized or slider-sized roll. Place in cupcake pan until the dough is evenly distributed.
6. Brush rolls with an egg wash (1 egg mixed with some water) to give a nice golden brown color before placing in the oven to bake for 18-22 minutes. Make sure to check halfway as the cooking time depends on your oven and how big your rolls are.
7. Remove from oven and brush 1 tablespoon of melted butter over freshly baked rolls. Serve and enjoy!

