



FIXATE RECIPES

GLUTEN-FREE PULL-APART DINNER ROLLS

Serves: 10

GF VG

Total Time: 1 hr. 32 min.

Prep Time: 5 min.

Cooking Time: 27 min. + 1 hr. rising time

2½ cups	gluten-free all-purpose flour (preferably Bob's Red Mill® All-Purpose Baking Flour, red label)	2	large eggs
2 tsp.	xanthan gum	¼ cup	honey
2 tsp.	instant yeast	2 Tbsp.	ghee (organic grass-fed, if possible), melted
1 tsp.	sea salt (or Himalayan salt)	1 tsp.	apple cider vinegar
1½ cups	warm water	1	large egg
			(lightly beat with 1 Tbsp. water to make egg wash)

SPECIAL EQUIPMENT: Nonstick cooking spray • Plastic wrap • 9-inch springform cake pan

1. Preheat oven to 400° F.
2. Lightly coat a 9-inch springform cake pan with spray; set aside.
3. Add flour, xanthan gum, yeast, and salt to a food processor; pulse to combine. Add water, eggs, honey, ghee, and vinegar; process for 1 minute. Scrape down sides; process an additional 1 minute.
4. Using a ⅓ measuring cup, scoop 10 lumps of dough into pan (lumps will touch slightly). Cover with plastic wrap; let rise for 45 to 60 minutes, or until dough doubles in size.
5. Discard plastic wrap; brush rolls with egg wash.
6. Bake for 20 to 25 minutes, or until golden brown. Let cool in pan before serving.

Nutritional Information (per serving):

Calories:	197	Cholesterol:	50 mg	Fiber:	2 g
Total Fat:	3.5 g	Sodium:	44 mg	Sugars:	7 g
Saturated Fat:	2 g	Carbohydrates:	38 g	Protein:	4 g

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Container Equivalents (per serving)

■ 2 — ½

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Recipes containing the **GF** icon are designed to be Gluten-Free and contain no gluten. If you are following a gluten-free diet, remember to check all labels to confirm your ingredients are 100% gluten-free, since foods are often processed at facilities that also process wheat and other grains.

Recipes containing the **VG** icon are designed to be Lacto-Ovo vegetarian and contain no poultry, meat, or fish. Please read product labels for each ingredient to ensure this to be the case.