

- Prep Time: 15 minutes
- Cook Time: 18 minutes
- Resting Time: 5 minutes
- Total Time: 38 minutes
- Difficulty Level: Easy to Intermediate
- Heat/Flavor Intensity: Mild, Savory, and Richly Aromatic
- Yield: 8 individual rolls
- Serving Size: 1 roll

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Ingredients

For the Low-Carb Bread Dough:

- 1 ½ cups (170g) Mozzarella Cheese, low-moisture, shredded
- 2 tablespoons (28g) Cream Cheese, full-fat
- 1 cup (112g) Super-Fine Almond Flour, blanched
- 1 tablespoon (8g) Coconut Flour (helps absorb moisture for a better crumb)
- 1 tablespoon Baking Powder, aluminum-free
- ½ teaspoon Xanthan Gum (essential for authentic bread structure and chew)
- ½ teaspoon Garlic Powder

- ½ teaspoon Sea Salt
- 1 Large Egg, room temperature, lightly beaten

For the Garlic Butter Topping:

- 3 tablespoons (42g) Unsalted Butter, melted
- 2 cloves Fresh Garlic, finely minced (or 1 teaspoon garlic paste)
- 1 tablespoon Fresh Parsley, finely chopped
- 2 tablespoons (10g) Parmesan Cheese, finely grated
- Pinch of Coarse Sea Salt or Flaky Salt (for finishing)

Equipment Needed

- Medium microwave-safe glass bowl
- Large mixing bowl
- Rubber spatula

- Baking sheet lined with parchment paper
- Pastry brush

Step-by-Step Instructions

Step 1: Prepare the Dry Mixture

In a medium bowl, whisk together the blanched almond flour, coconut flour, baking powder, xanthan gum, garlic powder, and sea salt until thoroughly combined and free of lumps. Set aside.

Step 2: Melt the Cheese Base

1. In a large microwave-safe bowl, combine the shredded low-moisture mozzarella cheese and cream cheese.
2. Microwave on high in 30-second intervals, stirring between each interval, until the cheeses are completely melted, uniform, and smooth (typically takes 60 to 90 seconds total).



Important Intensity Note: Do not overheat the cheese, as overheating can cause the oil to separate. You want a smooth, cohesive liquid-cheese dough.

Step 3: Form the Dough

1. Immediately pour the prepared dry ingredient mixture and the beaten room-temperature egg into the melted cheese bowl.
2. Using a rubber spatula or clean hands, mix vigorously to combine. Work quickly before the cheese cools and stiffens.
3. If the cheese hardens before fully incorporating the dry ingredients, microwave the entire mixture for 10 to 15 seconds to soften it up again. Knead for 1 to 2 minutes until a uniform, smooth dough ball forms.

Step 4: Divide and Shape

1. Preheat your oven to 375°F (190°C) and line a large baking sheet with parchment paper.
2. Divide the dough into 8 equal portions (approximately 45–50 grams per portion).
3. Roll each portion between your palms to form smooth, round balls. Place them on the prepared baking sheet, leaving about 1 to 2 inches of space between each roll to allow for slight spreading and rising.

Step 5: Apply the Garlic Butter Glaze

1. In a small bowl, combine the melted butter, minced fresh garlic, chopped parsley, and

grated parmesan cheese.

2. Using a pastry brush, generously brush half of the garlic butter mixture over the tops and sides of the unbaked rolls. Reserve the remaining half for brushing after baking.

Step 6: Bake to Golden Perfection

1. Bake on the center rack at 375°F (190°C) for 15 to 18 minutes.
2. Watch for the tops to turn a deep golden brown and the rolls to firm up lightly to the touch.

Step 7: Final Polish and Resting

1. Remove the baking sheet from the oven. Brush the remaining garlic butter glaze over the warm rolls immediately.
2. Sprinkle with a tiny pinch of flaky sea salt.
3. Allow the rolls to rest on the baking sheet for 5 to 10 minutes before serving. Resting allows the structure inside to set, preventing a gummy interior.

Expert Baking Tips for Success

- **Use Blanched Super-Fine Almond Flour:** Almond meal or coarse almond flour will result in a dense, grainy texture. Super-fine flour is crucial for light, bread-like rolls.
- **Low-Moisture Mozzarella is Key:** Avoid fresh mozzarella packed in water. The high moisture content in fresh cheese will make the dough soggy and overly sticky.
- **Don't Omit the Xanthan Gum:** While optional in some recipes, xanthan gum mimics gluten in wheat-free baking, giving these rolls their signature elastic chew rather than a crumbly muffin texture.

Storage and Reheating Instructions

- **Room Temperature:** Store leftover rolls in an airtight container lined with a paper towel for up to 2 days.
- **Refrigeration:** Store in the refrigerator for up to 7 days.
- **Freezing:** Wrap individual rolls in plastic wrap and store in a freezer-safe bag for up to 3 months. Thaw overnight in the fridge before reheating.
- **Reheating Intensity:** Reheat in a preheated oven or air fryer at 350°F (175°C) for 3–5 minutes until warm and crispy on the outside. Avoid microwaving for extended periods, as it can make the dough rubbery.

Nutritional Information

(Calculated per serving / 1 Keto Garlic Roll)

Nutrient	Amount
Calories	195 kcal
Total Fat	16 g
<i>Saturated Fat</i>	7 g
Total Carbohydrates	4.5 g
<i>Dietary Fiber</i>	2.2 g
Net Carbohydrates	2.3 g
Protein	9.5 g
Sodium	310 mg
Calcium	185 mg