

- Prep Time: 15 Minutes
 - Cook Time: 50 Minutes
 - Total Time: 65 Minutes
 - Intensity Level: Intermediate (Requires specific technique with dough hydration and egg whites)
 - Dietary: Keto, Low-Carb, Gluten-Free, Grain-Free, Vegetarian
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Ingredients

The Dry Mix

- 1 Cup (100g) Blanched Almond Flour: It is crucial to use *blanched* almond flour, not almond meal. Meal will result in a gritty texture.
- ¼ Cup (30g) Coconut Flour: This is highly absorbent and provides the necessary structure.
- 2 Tablespoons (15g) Whole Psyllium Husk: Do not use powdered husk; the whole husk provides the “gluten-like” elasticity.
- 1 Teaspoon Baking Powder: Ensure it is aluminum-free and gluten-free.
- ½ Teaspoon Sea Salt: Fine grain.

The Wet Mix

- 4 Large Eggs: Separated (whites and yolks divided). Room temperature is best.
- ½ Cup (120ml) Boiling Water: This is the secret to activating the psyllium husk.
- 2 Tablespoons Apple Cider Vinegar: Helps with the rise and flavor.

- ¼ Cup (60ml) Melted Butter or Olive Oil: Adds richness and moisture.

Optional Toppings

- Sesame seeds, poppy seeds, or flaky sea salt for garnish.
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Equipment Needed

- Mixing bowls (two medium, one small)
 - Electric hand mixer (whisk attachment)
 - Rubber spatula
 - Baking sheet lined with parchment paper
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Step-by-Step Instructions

Phase 1: Preparation (Time: 5 Minutes | Intensity: Low)

Preheat your oven to 350°F (175°C) . Line a baking sheet with parchment paper and lightly grease it with butter or coconut oil. This prevents sticking and ensures a golden bottom.

Separate your eggs carefully. Place the egg whites in a large, grease-free mixing bowl and the yolks in a smaller bowl. Let them sit to come to room temperature—this helps the whites whip up to a higher volume.

In a medium bowl, whisk together the almond flour, coconut flour, whole psyllium husk, baking powder, and salt until evenly combined.

Phase 2: Forming the Dough (Time: 10 Minutes | Intensity: High)

This is the most critical step. In a small saucepan or kettle, bring water to a rolling boil.

Add the apple cider vinegar and melted butter to the dry ingredients, followed by the egg yolks. Stir until a thick paste forms. Now, pour in the boiling water all at once. Stir vigorously and immediately. You will see the mixture transform from a crumbly paste into a sticky, cohesive dough. The psyllium husk will absorb the water and expand, creating a gel-like consistency.

Note: If the dough feels too wet, add 1 teaspoon of coconut flour at a time. If it feels too dry, add 1 teaspoon of hot water.

Phase 3: The Whip (Time: 5 Minutes | Intensity: High)

Using your electric mixer, beat the egg whites on high speed until they reach stiff peaks. They should be glossy and hold their shape when you lift the beaters.

This is the “lightness” phase. You cannot dump the whites in. Take one-third of the egg whites and stir them into the dough to lighten it. Then, gently fold the remaining egg whites

into the dough using a spatula. Do not over-mix, or you will deflate the air bubbles that make these rolls fluffy.

Phase 4: Shaping and Baking (Time: 50 Minutes | Intensity: Medium)

Wet your hands with water (the dough is sticky). Scoop the dough into 6 equal portions on the baking sheet. Gently roll them into balls. They will not rise significantly in the oven, so shape them to the size you want.

Sprinkle with sesame seeds or sea salt.

Bake at 350°F (175°C) for 45–50 minutes. Rotate the pan halfway through.

Intensity Note: Watch closely during the last 10 minutes. The tops should be golden brown and sound hollow when tapped. If they are browning too fast, tent them with foil.

Phase 5: The Cool (Time: 15 Minutes | Intensity: Low)

This is the hardest part. Remove the rolls from the oven and let them cool completely on a wire rack. Because almond flour and psyllium husk lack the structure of gluten, they need time to “set.” Cutting into them hot will result in a gummy texture. Patience yields a perfect crumb.

Nutrition Facts

- Serving Size: 1 roll (1/6th of recipe)
- Calories: 215

- Total Fat: 18g
- Saturated Fat: 6g
- Total Carbohydrates: 7g
- Dietary Fiber: 4g
- Net Carbs: 3g
- Protein: 7g