



*cara price*

## ITALIAN SANDWICH ROLLS

### INGREDIENTS

- 1-1/2 cups almond flour
- 1/3 cup coconut flour
- 4 eggs, lightly whisked
- 1/4 cup + 1 tablespoon light coconut milk
- 3 tablespoons olive oil
- 1 tablespoon apple cider vinegar
- 1 tablespoon herbs de provence
- 1 teaspoon salt
- 1 teaspoon baking soda

### DIRECTIONS

preheat oven to 350 & line a baking sheet with parchment paper.

place flours, salt, baking soda & herbs in a large mixing bowl. create a well in the center of the flour mixture.

whisk the eggs & coconut milk together in a small mixing bowl & remove 3 tablespoons of this liquid mixture, reserving to the side for later use.

add apple cider vinegar & olive oil to the larger bowl of eggs & then pour this all into the bowl of flour, stirring well until a dough forms.

using wet hands, form the dough into 6 even balls, then slightly flatten & shape into a bun.

place dough on cookie sheet & brush with reserved egg/coconut milk liquid.

bake 20-25 minutes, until toothpick inserted into the middle of a roll comes out clean.

slice & enjoy!