

Second Dish

Lower-Carb Dinner Rolls

Whether it's a Sunday roast or Thanksgiving Dinner, one of the best parts of a big meal is using a warm piece of bread to sop up all the leftovers on your plate. However, adding a heap of carbs on top of a rich meal is never ideal. Brenda Garcia's dinner roll recipe is a stress-free way to have your cake and eat it too.

"A few years ago, I was hosting a holiday dinner," Garcia said. "Some of the people had diabetes and one of them did not eat gluten. I decided to serve this recipe to help offer a lower carb option and they are made without gluten."

Not only are these luscious rolls lower carb and gluten-free, but they're a cinch to make. "These don't have any yeast; thus, you can skip the kneading and rising steps. Just mix and bake! If you enjoy leftover rolls, you may want to double the recipe! These go fast and I rarely have any left."



Directions

1. Preheat oven to 350°F. Line a baking sheet with parchment paper and set aside.
2. In a large bowl, stir starch, coconut flour, and salt together; stir in egg. Slowly pour in water and oil, mixing until blended.
3. If the mixture is too wet, add more coconut flour as needed, 1 Tbsp at a time, waiting slightly for the flour to absorb the water.
4. Using a small cookie scoop, place balls of dough on the baking sheet. (Makes about 12 small rolls)
5. Bake for 30-35 minutes, or until slightly browned on the bottom. Remove from baking sheet and serve warm.

Makes about 12 rolls with 7 g carbohydrates per roll, no added sugar.

Ingredients

- 1 cup tapioca starch
- 1/4 cup coconut flour, plus more as needed
- 1 teaspoon salt
- 1/2 cup warm water
- 1/2 cup avocado oil
- 1 large egg, whisked

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