

Paleo Sandwich Rolls

Ingredients

1. 1/2 cup blanched almond flour.
2. 1/2 cup tapioca flour.
3. 2 eggs.
4. 1/4 cup unsweetened apple sauce.
5. 1 teaspoon baking powder.
6. Dash of Himalayan sea salt.

Instructions

1. Preheat oven to 350°F.
2. In a bowl combine almond flour, tapioca, baking powder, and dash of sea salt.
3. Add in eggs and apple sauce and mix to combine.
4. Place [round molds](#) or large mason jar lids on a baking sheet and grease well.
5. Pour batter into molds until almost at the top, a little less.
6. Bake for about 15 minutes, or until a toothpick comes out clean*
7. Let cool slightly, slice in half, and serve.
8. Store in the refrigerator.

Recipe Notes

1. *Baking time might vary slightly based on how thin or thick you make your rolls
2. I use [round molds](#) or mason jar lids, and it yields 4 fluffy sandwich rolls. See the comments for how readers have adapted!
3. Updated 2/2017. I used to add 1 tablespoon of coconut oil or palm shortening but don't find it necessary for the texture so it has been removed.
4. For 1 roll:
Calories: 167
Total Carbohydrate 17.3g
Sugars 2g
Protein 5.9g

<http://lexiscleankitchen.com/2014/08/24/the-ultimate-paleo-sandwich-rolls/>

ENJOY 😊