

# *Gluten free, low carb coconut rolls*

Makes 6 - 8

## **Ingredients**

- 1 cup (full fat) coconut flour
- 10 level tablespoons psyllium husk powder
- 4 level teaspoons baking powder
- ½ teaspoon salt
- 5 tablespoons apple cider vinegar
- 8 egg whites (save the yolks for another recipe)
- 2 x 7/8 cups boiling water.



## **Method**

1. Preheat the oven to 180°C.
2. Add all the dry ingredients to a food processor and mix lightly.
3. Add the egg whites and vinegar, mix lightly.
4. Add the boiling water and mix lightly.
5. Now wait a minute or so until the mixture firms up.
6. Tip the dough onto a baking sheet and with wet hands make 6 - 8 roll shapes.
6. Bake for 55 minutes.
7. Allow to cool before eating.

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