



Simple | Healthy | Delicious

Nutty Rolls

INGREDIENTS

2 cups all-purpose or whole wheat flour (or combination)

½ cup Nature's Earthly Choice Nut Flour Blend

½ teaspoon baking soda

¼ teaspoon salt

1 tablespoon organic cane sugar

3 tablespoons olive oil or melted butter

¼ teaspoon lemon juice or apple cider vinegar

2 tablespoons honey or maple syrup

2 eggs

3 to 6 tablespoons milk of choice



DIRECTIONS:

1. Pre-heat the oven to 350 degrees Fahrenheit. In a large bowl, combine the flours, baking soda, salt, and sugar.
2. Mix in the olive oil, lemon juice, honey, and eggs. Slowly add milk until a thick batter forms. Depending on the type of flour(s), you may need anywhere from 3 to 6 tablespoons. (More fiber-rich flours, like whole wheat, call for more liquid.)
3. Scoop large spoonfuls onto a parchment-lined baking sheet, about 2 inches apart. Press down slightly. Bake for 15 minutes or until golden brown. Serve immediately with butter, jam, or honey.