

Oopsie Rolls from Your Lighter Side

I've really been searching for something like this, when I am desperately missing bread... I know it's not an everyday thing, but if these can keep my hands out of the breadbox every now and then, I think they could be an acceptable vice! What do y'all think? I haven't tried them yet because I need to get some cream cheese... But I will update as soon as I get to work in the kitchen!

Oopsie Rolls | Your Lighter Side

Oopsie Rolls (Gluten-Free Buns)

3 large eggs

pinch of cream of tartar (1/8 tsp)

3 ounces cream cheese (Do not soften)

Preheat oven to 300 degrees F.

Separate the eggs and add cream cheese to the yolks. Use a mixer to combine the ingredients together. In a separate bowl, whip egg whites and cream of tartar until stiff (if you're using the same mixer, mix the whites first and then the yolk mixture). Using a spatula, gradually fold the egg yolk mixture into the white mixture, being careful not to break down the whites. Spray a cookie sheet with non-stick spray and spoon the mixture onto the sheet, making 6 mounds. Flatten each mound slightly.

Bake about 30 minutes (You want them slightly softer, not crumbly). Let cool on the sheet for a few minutes, and then remove to a rack and allow them to cool. Store in a loosely open sack and allow to rest on the counter before use (otherwise they might be too moist). Can be frozen.

Notes: If you are making these to be savory (for burgers) you can add dry mustard and dill or other seasonings to the yolk mixture. If you want a more sweet roll, add a very small amount of stevia natural sweetener to the yolk mixture.

Makes 6 Induction Friendly, Gluten-Free rolls.

Nutritional information per roll: Calories:85 , Carbohydrates: .6 g, Fiber: 0g, Net Carbohydrates: .6g, Protein: 4g, Fat: 7.5