

Soft Pretzel, Bread Sticks, Rolls, Hamburger Buns

Original Recipe by Joanie Wayman – Altered by Bonnie Jackson

Ingredients:

3 Cups Shredded Mozzarella Cheese
4 oz. (1/2 block) Cream Cheese

1 TB yeast
2 TB warm water

1 Cup Almond flour Plus 2 TB. Almond flour
2 TB Coconut Flour
2 TB Psyllium Husk Powder
2 tsp. Guar Gum or Xanthan Gum

2 Eggs at room temperature

1 TB butter, (or leaf fat, or lard)

Instructions:

1. In Kitchen Aid mixer, add the flours and mix. (1 cup Almond flour + the 2 TB almond flour), 2 TB coconut flour, 2 TB Psyllium Husk flour, and 2 tsp. guar gum or xanthan gum.
2. Add water to the yeast to activate for 2 min.
3. Beat 2 eggs in small bowl with fork.
4. Add the 2 eggs, 1 TB yeast, and 1 TB butter or fat to the flours in mixing bowl and mix till incorporated.
5. In Microwave bowl place the 3 cups mozzarella and 4 oz. cream cheese and microwave in 30 sec. increments stirring between each time until melted... (3 times?) Or in double boiler type pan.
6. Add melted cheese to dough in bowl and mix until incorporated, scraping cheese from dough hook or beater as needed.
7. Turn dough out on a coconut oiled parchment paper or oiled plastic cutting board.
8. Form into an even sized log. Cut into 12 equal pieces. (I weigh each dough ball, approx. 1.85-2.00 oz each.)
9. Roll each dough ball in palm of hand and flatten to $\frac{3}{8}$ or $\frac{1}{2}$ inch patty and place on greased cookie sheet. (I use 2 Wilton Non-stick 6-cavity mini pie pans from Amazon. 2 pans are perfect for the 12 buns and form them into perfect round buns for hamburgers, sandwiches, or toast).
10. Let rise in warm oven, (100 degrees) approx. an hour or until almost double in bulk. If left to raise too long, they could make an air pocket.
11. Bake at 350 degrees for 10-12 minutes, until golden brown. I take them out of pan, circling the bun with a plastic spatula and place on cooling rack. When cool, Slice with electric knife. If I freeze them, I will place a square of parchment paper between them and wrap them individually and place in plastic bag for freezer.

