

Grain-free, Dairy-free Dinner rolls (and pizza crust)

Ingredients:

Dry ingredients:

- 1 Cup Sorghum flour
- $\frac{3}{4}$ Cup Cassava Flour
- $\frac{1}{2}$ Cup Arrowroot (or Tapioca starch)
- 1 Tbs Baking Powder
- 1 $\frac{3}{4}$ tsp. Xanthum gum
- 1-1 $\frac{1}{4}$ tsp sea salt or Himalayan salt

Wet Ingredients:

- 2 Eggs
- 2 Tbs. Olive Oil
- $\frac{1}{2}$ -1 tsp Apple Cider Vinegar
- $\frac{3}{4}$ - 1 Cup Water

Optional ingredients:

- Shredded cheese (about $\frac{3}{4}$ -1 Cup)
- Rosemary
- Garlic (powder or minced)
- Thyme

Directions:

- Preheat Oven to 375 degrees
- Mix dry ingredients in a bowl. (I use my electric mixer bowl)
- Mix Wet ingredients in separate bowl
- Shred cheese if using and have ready
- turn on mixer , add cheese or other additional spices or ingredients. Mix together and start adding wet ingredients, scrape sides if necessary, then add water.
- Mix until incorporated. Dough will seem slightly wet.
- Scoop with an oiled $\frac{1}{4}$ or $\frac{1}{3}$ measuring cup or scoop onto parchment paper or silicone mat lined cookie sheet.
- Optional: Use wet hands to flatten into $\frac{3}{4}$ to 1 inch thick rounds. (re-wet hands as needed)
- Bake for 20-25 minutes depending upon how large or small you made them.

They do not rise extremely high.

You can refrigerate for 4-6 days and usually can be reheated in the toaster for a few minutes.

We love to cut them in half after warming for sandwiches.

You can put an additional $\frac{1}{2}$ C Water to the dough, then spread on a sheet to make pizza crust....Yum!

Baking time 20-30 min depending upon thickness. Use right away or cool on a rack and reheat later with toppings.