

PULL APART CLOVER ROLLS

This recipe is best kept for maintenance or special occasions. Makes 6 rolls.



INGREDIENTS

1-1/3 cups blanched almond flour
1-1/2 tsp baking powder
1-1/2 cup shredded mozzarella cheese
2 oz. cream cheese
1/4 cup grated Parmesan cheese
2 large pastured eggs

DIRECTIONS

Grease a muffin pan and preheat oven to 350°F.

In a medium bowl combine the almond flour and baking powder, mixing well. Set aside.

Melt the mozzarella and cream cheese on the stove top on low heat (or in the microwave for 1 minute) until melted. Mix them together well. Heat 1 more minute and mix again until smooth and creamy

Add almond flour mix and eggs and mix well.

Grease hands and knead dough to form a sticky ball. If dough is too sticky and doesn't come off your hands or form a nice ball, add 1 tsp of almond flour at a time and

continue to knead.

Place dough onto a large piece of parchment paper or a silicon mat.

Slice the dough ball into four equal pieces. Then slice each quarter into 6 small pieces.

Roll each piece into balls then gently roll in a bowl of Parmesan cheese to lightly coat. (Makes them easy to pull apart)

Add 3 balls to each muffin cup, making a 3-leaf clover.

Bake for 20 minutes or until golden brown. Cool slightly before serving.