



High Fiber Rolls



Ingredients (makes 4 rolls):

4:1 Ratio

13g flax meal
12g whole psyllium husks
1g baking powder
1g baking soda
pinch of salt
50g raw egg mixed very well
35g oil such as sunflower or safflower
4g Cider vinegar

3:1 Ratio - 88 calories per roll

Reduce oil to 24g
Add 5g water

2:1 Ratio - 63.5 calories per roll

Reduce oil to 13g
Add 16g water

MAD (approximately 1.25:1) - 43 calories per roll

Reduce oil to 4g
Add 25g water

Directions:

1. Pre-heat the oven to 300 degrees.
2. Mix the egg, oil, water (if using) and vinegar together very well.
3. Add the flax meal, psyllium husks, baking powder, baking soda and salt to the egg mixture. Use a small spatula to combine the ingredients very well.
4. Once the ingredients are combined, let the dough "rest" for 5 minutes. It will appear very wet, but as it sits, the dough will stiffen up to the consistency of very stiff oatmeal.
5. Line a baking sheet with parchment paper. Divide the dough into 4 equal portions. You may weigh them on the scale for accuracy (total weight of ingredients in raw state divided by 4).
6. Use wet hands (to prevent sticking) and shape the dough as desired. Place them on the baking sheet and bake for 30 minutes.

Notes:

- One baked roll (1/4 of recipe) weighs between 21-23 grams and has 2.3g protein, 10.65g fat and 0.7g carbohydrate. The fiber content of each roll is 2.5g and is not included in the carbohydrate value. This recipe has been calculated according to the recommended serving size (1 teaspoon or 3g) of psyllium husks for children ages 6-12. Please ask your dietitian about how much psyllium to include in your diet.
- The ideal amount of water and oil combined is 29g. To calculate a different ratio, reduce the oil to meet your ratio and add enough water to compensate and equal 29g