

Dinner Rolls

(Paleo and Whole 30 ingredients)

Shopping List

- 3/4 cup tapioca flour
- 1/2 cup coconut flour
- 1/2 cup water
- 1/2 cup and 4 tbsp olive oil
- 1 egg
- 1 tsp salt

Mix together 3/4 cup tapioca flour (you can sub arrowroot flour), 1/2 cup coconut flour, and 1 tsp. salt. Then add 1/2 cup water, 1/2 cup olive oil, and 1 egg. Mix this all together with a hand mixer. If the batter has too much liquid to roll the dough in your hands, then add a little more coconut flour.

Roll the dough into approximately 8 balls using your hands and place them on a greased baking sheet or parchment paper lined sheet. I used a non-stick baking sheet and they baked perfectly without sticking.

Bake them at 350* F for 30-35 minutes until they begin turning golden brown on the bottom. The tapioca version needed a little bit more time to cook than the arrowroot version, so just be mindful and watch the oven. You can check by cutting into one of the rolls to make sure the inside is baked through.