THE LIGHTER PLATE METHOD

Almond Flour Breakfast Rolls

Light, eggy little rolls made entirely from almond flour — no wheat, no fuss.



PREP	COOK	TOTAL	SERVINGS	DIFFICULTY
10 min	**20 min**	**30 min**	**10**	**EASY**

Ingredients

- 5 eggs
- 180 g ground almonds
- 60 g unsalted butter (melted and cooled)
- 1 pinch sea salt
- 2 tsp baking powder

Method

1. Heat the oven to 180°C (fan 160°C) and line a muffin tin or small cupcake moulds.
2. Beat the eggs, then mix in the salt, cooled melted butter and baking powder.
3. Fold in the ground almonds until you have a smooth, thick batter.
4. Divide between the moulds.
5. Bake for 20 minutes, until risen and golden.

Tips & swaps

- Make sure the melted butter has cooled before adding it, or it will start cooking the eggs.
- Split and fill once cool for a more substantial snack.

Storage & reheating

Keeps in an airtight container for 3 days.

Nutrition (per serving)

KCAL	PROTEIN	CARBS	FAT	FIBRE

130	**6g**	**2g**	**11g**	**1g**

Estimated values, for guidance only. Contains: Egg, Tree nuts (almonds), Milk.