

# Bunny Bread Rolls



Recipe makes: 5 rolls  
Prep time: 60 minutes  
Cook time: 40 minutes

## Ingredients

- 1 ½ cups (360 ml) warm water
- 1 ½ tsp (6 g) dried yeast
- ¾ tsp (3 g) sugar
- 1 Tbsp (9 g) psyllium husk powder
- 2 tsp (6 g) tomato puree
- 1 ½ cups (495 g) Taste Connections low protein bread mix
- 5 Tbsp vegetable oil, divided

## Directions

- 1 Preheat oven to 390°F.
- 2 In a bowl add water, yeast, sugar, psyllium husk, and tomato puree. Stir well and allow to stand for 10 minutes, until thickened.
- 3 In another bowl, combine low protein bread mix and 4 Tbsp oil. Add to the thickened mixture, and combine until it forms a dough.
- 4 Leave the dough to rise in a warm place for 30 minutes, until double in size.
- 5 Dust a surface with the low protein bread mix, and divide dough into 6 pieces.
- 6 Take one piece of dough and roll into a 6-inch long sausage shape. Shape into a 'U' so that both ends are equal in length, and twist the ends to cross twice. Repeat another 4 times with the other dough pieces.
- 7 With the last piece of dough, make 5 ball shapes and place in the bottom of the 'U' shape.
- 8 Brush the bunnies with the remaining oil. Rest dough for another 10 minutes.
- 9 Bake on a greased baking sheet for 40 minutes, or until golden brown.
- 10 Cool before serving.

## Nutrition Info Per Serving (1 roll):

Calories: 470 | Protein: 0.4 g | Phenylalanine: 18 mg

Refer to food labels for allergen and other product information.

Metabolic Pro database was used for the nutrition analysis.

Taste Connections, LLC is the maker of low protein food products.

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