

BUNNY BREAD ROLLS

Recipe makes
5 rolls

Prep time
60 minutes

Bake time
40 minutes



NUTRITION INFO PER SERVING (1 roll)

Calories 470

Protein 0.4 g

Phenylalanine 18 mg

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.

This recipe is suitable for a protein restricted diet. Be sure to check with your healthcare professional before making changes to your diet.

This recipe was analyzed using HowMuchPhe.org. The nutrition information could change depending on the brand of the product you choose and should only serve as a guideline. Always check the nutrition label of any product substitution to ensure it is suitable for you. Refer to labels for allergen information and suitability.

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