

Recipe makes

4 buns

Prep time

40 minutes

Cook time

25–30 minutes

**NUTRITION INFO
PER SERVING**

(1 Bun)

Calories 310**Protein** 1.3 g**Phenylalanine** 64 mg**INGREDIENTS**

- 3/4 cup warm water
- 2 Tbsp vegetable oil, divided
- 1 Tbsp dried yeast
- 1 Tbsp psyllium husk
- 1 Tbsp sugar
- 2 ¼ cups low protein flour

DIRECTIONS

- 1 In a bowl add water, 1 Tbsp oil, yeast, psyllium husk, and sugar. Mix well and allow to stand for 5 minutes until mixture thickens.
- 2 Place low protein flour into a separate bowl. Stir and make a small well in the middle.
- 3 Add psyllium husk mixture to the flour. Use your hands to combine, until a dough is formed.
- 4 Knead dough for 3–5 minutes in the bowl. Cover with plastic wrap and leave to proof for 30 minutes.
- 5 Preheat oven to 400° F.
- 6 Line a baking tray with parchment.
- 7 Divide the dough into four equal parts; and shape each into a round bread bun.
- 8 Place buns on the lined baking tray, brushing the tops with oil.
- 9 Bake in the preheated oven for 25–30 minutes, or until browned and crisp. The bases should sound hollow when tapped. Cool on a wire rack.

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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