Keto Sweet Hawaiian Rolls

**Servings: 12 rolls Prep Time: 1- 1 1/2 hours Cook Time: 22-25 mins**

**1 1/4 cup (180g) Vital Wheat Gluten**

**2/3 cup (66g) Lupin Flour**

**1/2 cup (56g) Oat Fiber**

**1/4 cup (48g) Brown Swerve**

**1/3 cup (64g) Granular Sweetener**

**1/2 tsp Xanthan Gum**

**1/8 tsp Ginger**

**1/2 tsp Salt**

**2 tsp Baking Powder**

**1/2 tsp Baking Soda**

**1/16 tsp Ascorbic Acid\***

**1 cup Faux Buttermilk (between 125 F - 130 F), please refer to the recipe on my website**

**1 tbsp (9g) Instant or Quick Rise Yeast**

**1 tsp (7g) Honey (to activate the yeast)**

**4 tbsp (56g) Melted Butter**

**2 large Eggs, room temperature and lightly beaten**

**1 large Egg Yolk, room temperature**

**1 large Egg for Egg Wash**

**1/2 tsp Coconut Extract**

**1/2 tsp Vanilla**

**1/4 tsp Pineapple Extract**

**​**

**Special Equipment:**

**Kitchen Aid Stand Mixer or Bread Maker**

Preheat your stove to 350.

Begin by mixing your dry ingredients: vital wheat gluten, oat fiber, lupin flour, salt, xanthan gum, ginger, baking soda, baking powder, and ascorbic acid in a bowl and then set it aside.

Add the faux buttermilk to your bread machine pan or Kitchen Aid Stand Mixer bowl. Sprinkle in the yeast, add the honey, then stir it. Continue adding the rest of your wet ingredients: 2 eggs, 1 egg yolk, melted butter, coconut extract, vanilla extract, and pineapple extract.

Next, put in both sweeteners and then finally the flour mixture. If using a bread machine, allow the dough to mix and knead to completion. If using a stand mixer, mix and knead this dough with the paddle attachment for 8 minutes. If you have difficulty kneading this dough with the paddle attachment, then try switching to the dough hook.

Once your dough is thoroughly kneaded, cut it into 12 equal pieces and roll each one into a ball. Place the dough in a baking dish that has been buttered or oiled. Cover loosely with saran wrap and let rise for 45 minutes to one and a half hours, depending on what method you use.

When the rolls have doubled in size, brush them with the egg wash and bake them in an oven that’s been preheating at 350F for 22 to 25 minutes.

**\*You don’t have to add Ascorbic Acid, but it will keep the bread fresher longer.**

​

**Nutritional Facts for 1 Sweet Hawaiian Roll:** 118 Calories, 5.5g Fat, 2.0g Net Carbs, 14.0g Protein.