

# Dinner Rolls {Gluten Free, Dairy Free, Egg Free}

Recipe by: The Mixing Bowl Diary

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*recipe makes 6 muffin sized rolls*

## Ingredients

- 1 cup Teff Flour
- 1 cup Brown Rice Flour Mix \*{see note}
- 1 teaspoon xanthan gum
- 2 teaspoon baking powder
- 1 teaspoon baking soda
- 1 1/2 teaspoon sugar
- 1 teaspoon salt
- 2/3 cup Dairy Free Milk
- 1 tablespoon lemon juice
- 1/4 cup unsweetened applesauce
- 1/4 cup oil
- 1/2 teaspoon vanilla

## Instructions

1. Preheat the oven to 450°. Spray a muffin pan with cooking spray {or line baking sheet with parchment paper}
2. Whisk all of the dry ingredients together in a small bowl.
3. In a glass measuring cup, combine the dairy free milk and the lemon juice. Let it sit for 5 mins.
4. In the bowl of a mixer, add the applesauce, oil and vanilla. Stir well.
5. Add the dry ingredients to the mixing bowl. Slowly add the milk/lemon juice mixture. Mix until combined.
6. Scoop the dough into the prepared muffin pans. Or, alternatively, scoop dough onto the parchment lined baking sheet.
7. Bake for 12 minutes.

**\*Note: To make a Brown Rice Flour Mix: combine 2 parts Brown rice flour (super fine ground), 2/3 parts Potato starch and 1/3 part Tapioca flour.**

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