

# GSDeeelicious!

Glycogen Storage Disease Friendly Recipes



## Bread Rolls

*Recipe makes:* 6 servings

*Prep time:* 10 minutes

*Baking time:* 20-25 minutes

*Nutrition info*  
*per serving*

1 roll

Calories	160
Carbohydrate	6 g
Protein	8 g
Fat	13 g
Total Sugars	1 g

The University of Minnesota Nutrition Data System for Research (NDSR) Program (2016) was used for the nutrition analysis.

# Bread Rolls

## Ingredients:

- 2 2/3 cups (156 g) almond flour
- 3 Tbsp (25 g) psyllium husk
- 2 tsp (8 g) baking powder
- Pinch of salt
- 4 egg whites (100 g)
- 1/2 tsp (2 g) vinegar
- 1/2 cup (120 g/ml) boiling water
- Oil for brushing

Serving suggestion: Great with mixed bean salad and a little hummus.

## Directions:

1. Preheat oven to 350°F.
2. In a medium-sized bowl, mix the almond flour, psyllium husk, baking powder and salt together.
3. In a separate small bowl, mix the egg whites and vinegar together and add to the dry ingredients.
4. With clean hands knead into a dough.
5. Add the water to the dough and stir well with a wooden spoon until a dough-like consistency is achieved. Take care not to burn yourself when adding the water. The dough may start to froth and swell, don't worry this is normal.
6. Divide the dough into 6 equal sized balls and shape into preferred shape.
7. Place on a parchment-lined and lightly oiled baking tray, and lightly brush with oil.
8. Place baking sheet in the preheated oven and bake for approximately 20-25 minutes until golden brown.
9. Remove from oven and place on the cooling rack. Allow rolls to cool completely before serving or slicing.

Chef's tip: This recipe also makes fantastic flat breads that are cooked on a non-stick frying pan:

1. Divide the dough into 16 equal balls and roll each in between parchment paper into 7-8 inch diameter sized rounds.
2. Lightly oil a non-stick frying pan with spray oil and cook the flat bread for 1 minute each side until golden brown.
3. Stack flat breads by adding parchment paper between each flat bread.
4. The flat breads are now ready for filling.



Innovation in Nutrition

A Nestlé Health Science Company

Always consult your healthcare professional before making any changes to your diet. This recipe was designed for individuals who have hepatic Glycogen Storage Diseases (GSD) types 0, I, III, VI and IX.

Recipe and mixing suggestions have been tested using the ingredients mentioned, however other similar products may be used.

Please discuss the suitability of these substitutions with your healthcare professional.

For more information about Vitaflor products and services, visit [www.VitaflorUSA.com](http://www.VitaflorUSA.com), email [vitaflorNAM@vitaflousa.com](mailto:vitaflorNAM@vitaflousa.com) or call **888-848-2356**.

All trademarks are owned by Société des Produits Nestlé S.A., Vevey, Switzerland. © 2020 Nestlé. This recipe was developed by Connecticut Children's team and Vitaflor International Ltd.