



Rolls

Recipe Gluten-free, dairy-free (casein-free), hypotoxic and vegan

By: Cuisine l'Angélique

PORTIONS : 12
 PREPARATION: 15 MINUTES
 TOTAL RISING TIME: 1 1/2 HRS
 COOKING: 45 MINUTES

INGREDIENTS

- 1 box of bread mix *La miche angélique* or *Le campagnard*
- 5 ml (1 tsp) instant yeast
- 420 g (1 3/4 cups) water at 45° C (113° F)
- 30 ml (2 tbsp) maple syrup
- 30 ml (2 tbsp) light olive oil or canola
- 2.5 ml (1/2 tsp) cider vinegar
- 1 medium egg, beaten (45 g)
You can omit the egg (vegan version); the buns will be just as delicious, just the crumb will be a little less airy.

PREPARATION

1. In a large bowl, combine bread mixture and yeast. Then add water, maple syrup, oil, cider vinegar and beaten egg.
2. Stir vigorously, either with a wooden spoon, electric mixer or stand mixer with the flat paddle at medium speed, about two minutes.
3. Cover the bowl with a damp cloth and let stand at room temperature for 45 minutes. After this rest time, stir the dough well with a wooden spoon.
4. Oil muffin mould. Using an ice cream spoon and soaking in water, put dough in the muffin cups.
5. Place the buns in the oven on the central grill with the light on, and let rise for about 45 minutes. The dough will be ready to cook when a slight pressure of the finger will leave an imprint (it no longer bounces to the touch).
6. Without removing the buns, set the oven at 180° C (350° F).
7. Bake for about 45 minutes, until golden brown.
8. Remove from the oven and let them cool on a wire rack.



These buns freeze very well and are delicious reheated in the oven, simply wrapped in aluminum foil.

VARIATION

* Dark chocolate and cranberry version:

Add 30 ml (2 tablespoons) of maple syrup to the base mixture. After the first proof, add 50 grams of coarsely chopped dark chocolate and 50 g (1/2 cup) of dried cranberries to the mixture.

Herbal version:

After the first proof, add 7.5 ml (1 1/2 tps) of each: dried thyme, dried oregano and dried parsley to the mixture.

NUTRITION FACTS

Per portion 150 Calories

Fat: 4 g	6 %
saturés 0,5 g	
trans 0 g	3 %
Polyunsaturated: 1 g	
oméga-6: 0,4 g	
oméga-3: 0,5 g	
Monounsaturated: 2,5 g	
Cholesterol: 15 mg	
Sodium: 170 mg	7 %
Carbohydrate: 26 g	9 %
fibres: 2 g	8 %
sucres: 1 g	
Protéines: 2 g	
Vitamin A	2 %
Vitamin C	2 %
Calcium	2 %
Iron	6 %
Magnesium	10 %
Manganese	35 %
Thiamin	10 %