

## Gluten-Free Oat Rolls

Source: Adapted from: <https://teffco.com/recipes/oat-rolls/>

### Ingredients:

- 1½ cups very warm water
- 2 Tbsp maple syrup or honey
- 2¼ tsp active dry yeast (about 1 standard packet)
- 1 cup teff flour
- 1 cup oat flour (You can make your own oat flour by processing rolled oats in your food processor. It easy and cheap too!)
- ½ cup tapioca flour
- ½ cup arrowroot flour
- ¼ cup brown rice flour
- 1 tsp baking soda
- 1 tsp salt
- 3 Tbsp avocado oil, or preferred oil
- 2 Tbsp ground chia seed
- 1 Tbsp apple cider vinegar
- 1 Tbsp ground flax seed
- 1 Tbsp ground psyllium husk, see note

### Directions:

1. Preheat the oven to 350°F and prepare a baking sheet with oil or parchment paper.
2. Combine the warm water and maple syrup in a 4 cup measuring cup or small mixing bowl. Stir until sweetener is dissolved. Note: The water must not be too hot or it will kill the yeast (about 110 degrees). You can test the water on the underside of your wrist. If it's too hot to touch wait until it cools a bit.
3. Sprinkle the yeast over the top of the water mixture. In a few minutes you should notice some change as the yeast activates. Let sit for 10 minutes.
4. Add the teff flour, oat flour, tapioca flour, arrowroot flour, brown rice flour, baking soda, and salt to a large mixing bowl. Mix well and set aside.
5. Add avocado oil, ground chia seed, apple cider vinegar, ground flax seed, and ground psyllium husk to the yeast mixture. Mix well and let sit for 5 minutes. The mixture will thicken into a slurry.
6. Add the wet yeast mixture to the dry ingredients and stir with a wooden spoon. You can also do this in a mixer with the paddle attachment (not the dough hook).
7. Mix the dough until the dry ingredients are completely incorporated. The dough will be stickier than traditional wheat bread dough. Let the dough rest for 5 minutes before making the rolls.

8. Form 10 rolls out of the dough, placing them on the baking sheet as you go. Make a cut with a sharp knife down the middle for decoration if you'd like. I made oval rolls, but you can make them any shape you want. If the dough is sticking to your hands, wet your hands a bit as needed.
9. Cover the rolls with a clean dish towel and put in a warm place. In the winter I put them on top of the stove where it's warmer since the oven is on. Let rise for 20 minutes. They won't quite double in size, but they should grow a little bit bigger.
10. Uncover the pan and place in the preheated oven. Bake 20 to 30 minutes, or until the bottoms have turned a dark brown and the tops of the rolls are solid.
11. Store any leftover rolls in an airtight container.

Note:

If you don't have psyllium husk, you can increase flaxseed meal to 2 Tbsp.