

Soya and Linseed Rolls (Based on a recipe by Gabi Moeller)

Ingredients

1 cup Wheat Gluten Flour	300ml 100F Water
¾ cup Soya Flour	1 tsp Sugar
¼ cup Linseed Meal	3 Tbsp Olive Oil
¼ cup Coarse Wheat Bran	
¼ cup Oat Flour	
1 tsp Baking Powder	
1 tsp Salt	
1 pkg Dry Yeast	

Method

Mix all dry ingredients in a bowl.

Mix water, sugar and oil and add to bowl.

Mix and knead for 5 mins.

Cut into 8 pieces and mould into shape.

Leave to rise covered on a greased baking sheet for 45 mins.

Bake for 20 mins at fan 190C.

Carbs

INGREDIENT	CUPS	GRAMS	%CARBS	CARBS
Wheat Gluten Flour	1	120	7.7	9.24
Toasted Soya Flour	0.75	60	35.2	21.12
Oat Flour	0.25	20	56.1	11.22
Linseed Meal	0.25	30	6.4	1.92
Coarse Wheat Bran	0.25	12	27	3.24
Total Carbs				46.74
Per Roll				5.84