

Have you been looking for a simple yet tasty recipe for gluten free dinner rolls that your family will enjoy? We have a recipe for you that uses just 8 simple ingredients, and the end result is a delicious roll that is perfect with soups, salads, and pasta dishes. This recipe can be whipped up and left to rise in just a few minutes, then risen and baked golden brown, brushed with butter and served hot in just about an hour and a half. We have served them brushed with plain melted butter and even with fresh pressed garlic and melted butter, for a nice hot garlic roll. Italian spices added into the dry ingredients would spice them up a bit to go with the evenings Spaghetti and meatballs, or some Southwestern spices to go with a hot and spicy casserole. Let your imagination run away with them and enjoy!

GLUTEN FREE Dinner Rolls

4 Servings

1 Cup warm water (approx 100-110 degrees)

1/4 Cup THRIVE Sugar

2 tsp THRIVE Instant Yeast

2 1/2 Cups THRIVE Gluten Free Flour

1 Tbsp Chia Seeds, ground (may also use 1 1/2 tsp xanthan gum)

1 tsp Salt

1 egg, room temperature

2 Tbsp butter, melted

Mix together the warm water and 2 Tbsp. of the sugar. Add the yeast and allow to sit while you mix together the dry ingredients. Place the dry ingredients, including the balance of the sugar, in the mixing bowl. Mix thoroughly. With mixer on low speed, pour in water, sugar, yeast mixture, then add egg, and melted butter. Mix on medium speed for 3 minutes. Mixture should be slightly gooey, but not too sticky. Add a small amount more of flour if needed. Grease an 8 or 9 inch round baking pan. Scoop 8-9 mounds into the pan to look like a pan of dinner rolls. (Hint: Scoop one into the middle and then 8 around the outside edges for even spacing). Dip fingertips into water and smooth out the tops. Cover with a dry towel and let rise in a warm place 45 - 60 minutes. During the last few minutes of rising time, preheat the oven to 400 degrees F. When oven is ready bake for 25-28 minutes until tops are golden brown. Brush finished rolls with additional melted butter and serve hot.

Serving suggestion:

Brush with melted olive oil or butter to which has been added crushed garlic or garlic powder for garlic rolls. Also great hot right out of the oven and dipped into herbed olive oil.