

Easy Buckwheat Rolls



Gluten-Free Green Buckwheat Rolls

Ingredients:

- 1.5 cup green buckwheat soaked for 12 hrs and rinsed,
- 0.5-1 cup water (just enough to blend),
- 2 tbsp psyllium and 2 tbsp avo oil,
- 1/2 tsp baking powder and
- 1/2 tsp soda with 2 tsp ACV

Directions:

So easy!

1. Blend all the above-mentioned ingredients.
2. Let the mix sit for 30 min.
3. Make small balls that can fit in your hand and put them on the parchment paper on top of the baking sheet.
4. Decorate with dulce flakes or sesame seeds.
5. Bake it at 350F for 40 minutes until the wooden stick inserted comes back clean.
6. Cool them off and enjoy with butter the same day.

Let me know if you liked them!

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