



3 Ingredient Parmesan Bread Rolls

Description

These easy bread rolls don't require yeast, oil, butter or eggs. They are just 3 ingredients and easy to customize to add more flavors.

Ingredients

- 2 cups (254 g) self-rising flour see note before starting
- 1 cup (238 g) plain whole milk yogurt can substitute with low fat, non-fat, non-dairy
- 1 cup (104 g) Parmesan cheese freshly grated

Instructions

1. Preheat oven to 350°F. Line a baking sheet with parchment paper.
2. In a large bowl, add flour and yogurt. Stir with a spatula until yogurt is fully incorporated into the flour and a dough forms. Do not overstir the dough as it will make your bread tough. The dough will be very sticky. Fold in the parmesan cheese.
3. Use your spatula to divide the dough into 12 pieces. Place them onto prepared baking sheet, spaced 2 inches apart. Use freshly washed hands (washing your hands helps when dealing with sticky dough) to shape your dough pieces to be round and smooth (they should be dome shaped). Slightly dampen your fingers with water to smooth the surface of the bread rolls.
4. Bake breads for about 22 minutes or until golden on top and fully cooked. Let breads cool for a few minutes on the baking sheets before removing and serving.

Notes

- This recipe was made with White Lily Self Rising Flour* which has a lower protein content than some other brands of self-rising flour. Please check the protein content of your flour before

starting. If your self-rising flour has 2 grams of protein per 1/4 cup, then you can use the amount stated in the recipe. If your self-rising flour has 3 grams of protein per 1/4 cup, then remove 4 tbsp of the flour from the amount in the recipe and replace with 4 tbsp of cornstarch. Or you can make homemade self-rising flour.

- **Homemade self-rising flour:** Please make sure to use an all purpose flour that has 3 grams of protein per 1/4 cup. Do not use a high protein self-rising flour that has 4 grams of protein per 1/4 cup (brands like King Arthur and Bob's Red Mill have high protein in their all purpose flour). Add 1.75 cups all purpose flour, 3 tsp baking powder, 4 tbsp cornstarch and 1/2 tsp salt to a bowl.
- Whole milk yogurt can be substituted with fat-free, low fat or non-dairy yogurts. I don't recommend Greek yogurt. See the post for more details on why. I also recommend choosing a yogurt brand that is less tangy/sour if you don't want to taste any tangy flavor in your bread. I used Stonyfield Whole Milk Yogurt.
- Only stir the dough until it comes together. If you stir too long it can make your bread tough. You can easily customize and add more flavors to the bread. You can add other shredded cheeses or dried herbs. I like adding garlic powder. See the post for more ideas.

Nutrition

Serving: 1 roll, Calories: 105kcal, Carbohydrates: 16g, Protein: 5g, Fat: 2g, Saturated Fat: 1g, Sodium: 309mg, Sugar: 1g, NET CARBS: 16

Category

1. Oven Recipes

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