

These homemade gluten-free dinner rolls are incredibly soft and fluffy. Plus, they couldn't be easier to make!

### **INGREDIENTS:**

- 3-3½ cups all-purpose gluten-free flour with xanthan gum
- 1 tsp salt
- 1¾ tsp rapid yeast/instant yeast
- 1¼ cups warm milk (110°F-115°F), dairy-free use almond, cashew or coconut milk
- ¼ cup unsalted butter, softened
- 2 eggs, room temperature
- 1 tsp apple cider vinegar
- ½ cup honey
- 2 tbsp unsalted butter, melted



### **INSTRUCTIONS:**

1. In a large bowl add the gluten-free all-purpose flour and salt.
2. Add the yeast to the gluten-free flour mix by making a little hole with your finger in the flour and pour the yeast into the hole.
3. Warm the milk to 110°F-115°F. If possible, use a thermometer to check the temperature. If your milk is too hot it'll kill the yeast. Pour warm milk over the yeast.
4. Add softened butter, eggs, apple cider vinegar, and honey to the bowl.

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Recipe Source <https://www.mamaknowsglutenfree.com/gluten-free-dinner-rolls/>

5. Mix until fully combined. (2-3 minutes). You may need to scrape the sides down to make sure all the flour is mixed well with the ingredients. The dough will be sticky.
6. Spray two 9-inch cake/pie pans with gluten-free cooking spray. Using an ice cream scoop place the dough balls into the pans. Spray your ice cream scoop with gluten-free cooking spray to help the dough not stick.  
You should have 8 dough balls around each pan and 1 dough ball in the center. This recipe makes 18 rolls.
7. Take a small spatula and smooth out the tops of the dough.
8. Cover the pans with a kitchen towel and allow them to rise in a warm place for 1 hour.
9. Pre-heat your oven to 400°F.
10. Bake the rolls on the middle rack for 14-16 minutes. They will turn a nice golden light brown. Please watch your oven because all ovens are different. The temperature of the rolls should measure 200°F internally.
11. Brush the tops of the rolls with melted butter before serving.  
Enjoy!

- If your flour blend doesn't include xanthan gum, you must add 1½ tsp of xanthan gum to step one in this recipe.
- Double-check that your instant yeast is still in date (besides rising in a too-cold environment, expired yeast is a common culprit for dough that won't rise!).
- Use the spoon & level method to measure my gluten-free flour. This means using a spoon to fill your measuring cup with flour and then leveling it off with the back of a knife.
- Other gluten-free flours, like almond, coconut, or oat flour, won't work in this recipe. You could try our coconut flour bread or almond flour biscuits for a side dish made with these flours.

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## **NUTRITION:**

SERVING: 1 ROLL CALORIES: 148KCAL  
CARBOHYDRATES: 23G PROTEIN: 3G FAT: 5G SATURATED  
FAT: 2G CHOLESTEROL: 30MG SODIUM: 173MG  
POTASSIUM: 37MG FIBER: 2G SUGAR: 9G VITAMIN  
A: 170IU VITAMIN C: 0.1MG CALCIUM: 37MG  
IRON: 0.8MG

Nutrition is provided as a courtesy and is an estimate. If this information is important to you, please have it verified independently.