



Crusty Cheese & Red Pepper Rolls

Makes 6 – 8

Delicious crusty rolls flavoured with cheese and roasted red peppers and topped with crunchy pumpkin seeds!. Great for freezing-to re-heat from frozen, simply wrap in foil

And pop in a pre-heated oven. Perfect served warm with soups and salads.

INGREDIENTS

400g (16 oz) JUVELA Gluten-Free Fibre Mix
150g (6oz) mature cheddar cheese, grated
1 tsp bicarbonate of soda
3tbsp pumpkin seeds
2tsp cream of tartar
75g (3oz) roasted red peppers (from a jar) drained and roughly chopped
Pinch of salt
25g (1oz) butter melted
300ml (12fl oz) milk at room temperature
Oven temperature: 190°C/375°F/Gas Mark 5

Method

Place the Fibre Mix, bicarbonate of soda, cream of tartar and salt in a large bowl and stir to combine. Stir in most of the grated cheese, 2tbsp of the pumpkin seeds and the chopped peppers. Add the melted butter and milk and mix together to form a soft dough. On a surface lightly dusted with Fibre Mix, knead the dough until smooth. Divide the dough into 6 - 8 pieces and shape into rough rounds, approx 1inch thick. Place on a baking tray, top each roll with the remaining cheese and pumpkin seeds and bake in a pre-heated oven for approx 20 - 25 minutes, until golden brown and the cheese is bubbling. Allow to cool slightly on a wire rack.

Nutrition information - per serving (125g): calories 298, Fat 11.1g (of which saturates 5.4g), Carbohydrates 38.3 (of which sugars 8.5g), Fibre 5.4g, Calcium 327mg.