

Flaxseed Rolls

(Courtesy Hemsley & Hemsley)

Makes 6 burger buns

Ingredients

- 150g ground or whole flaxseeds
- 1 tsp bicarbonate of soda
- Just under ½ tsp sea salt
- A pinch of black pepper
- 3 eggs, beaten
- ½ tbsp maple syrup (try melting a tsp of erythritol into the butter if keeping carbs very low)
- 2 tbsp lemon juice or apple cider vinegar
- 3 tbsp butter or coconut oil, melted
- 3 tbsp water
- ½ tsp dried herbs (optional)
- 1 tbsp white sesame seeds for sprinkling (optional)

Instructions

- Preheat the oven to fan 180°C / Gas mark 6 and line a baking tray with greaseproof paper.
- Mix the dry ingredients together in a bowl using a fork.
- Beat in the remaining ingredients (except the sesame seeds) and leave the batter to rest for 5 minutes to thicken up. If using whole flaxseeds, mix with just the water and beaten egg first, then allow to stand and thicken for 30 minutes before mixing with the rest of the ingredients. Don't mix in a food processor as the batter thickens too much.
- Take 4-5 tbsp of batter and shape into a bun with your hands. Place on the prepared baking tray and use wet hands to shape / smooth the top and press down lightly so that the bun is 5mm to 1cm thick. Repeat with the rest of the batter, sprinkling the tops with sesame seeds (if using) and gently pressing them in.
- Bake in the oven for 20-22 minutes until the buns spring back to touch.
- Remove from the oven, transfer to a wire rack to cool completely, then slice in half and fill.

Variations

- To make this focaccia-style, place the dough in a lined 20cm-square baking tin, using wet hands to smooth it out on top and into the corners of the tin, then bake as above before cutting into squares and slicing in half to create 2 slices.

Tips

- If you have a high powered blender, you can grind whole flaxseeds to make your own 'flax flour'. Keep ground flaxseed well sealed and store in the fridge to preserve its nutrients.