

MYX RECIPE

NAME: MYX Brazilian Cheese Buns

INFO: A great Grain Free, Lectin Free, Sugar Free and Gluten Free, cheese bun recipe. These cheese buns are so delicious right out of the oven but also last for days and can be sliced and toasted. We have found many uses for this simple recipe, including mini burger buns, mini pizzas and great crostini crackers for appetizers.

INGREDIENTS:

Yield: 16 to 18 Buns

½ Cup Goat or Almond Milk

¼ Cup Goat or Italian Butter

1 ½ tsp Himalayan Salt

2 cups + 1 TBL Tapioca Flour

2 Pasture Raised Eggs

140 g Italian Mozzarella Cheese (other similar cheese can be used)

59 g Italian Parmesan Cheese

INSTRUCTIONS:

Preheat Oven to 425 F , place rack in middle of oven

In a medium size saucepan over a medium heat, place milk, butter, and salt, stirring til it begins to boil, remove from the stove.

In a medium to large bowl add heated milk mixture with flour using a wooden spoon mix thoroughly until dough is a bit shaggy, let cool.

Place flour & milk mixture into your standing mixer using the paddle attachment, on low speed. Once dough seems well mixed add eggs one at a time keeping the mixer on low speed. Once dough is a bit smooth but sticky add cheese until everything is well mixed.

Using a baking sheet with parchment paper, shape dough into about 4 cm balls, rolling them in your hands, and place on the parchment lined baking sheet, keep them 5 cm apart.

Bake for 5 minutes, then turn the oven down to 350 F, bake for another 20 to 25 minutes, of course keeping an eye on them. Once they have turned golden with hints of dark spots, you should be good. You can also tap on the bottom and should hear a hollow sound that assures they're done.

Crostini crackers - slice them horizontally into thin pieces we usually get three out of each bun, then put on a baking sheet brushing on olive oil and a bit of salt and pepper, bake for around 3 to 5 minutes, until a nice golden edge appears.