

Quinoa Bread Rolls

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These **3-Ingredient Quinoa Bread Rolls** are super simple dinner rolls, bringing over 9 grams of complete protein with no egg, no dairy, and no oil!

You can find the full recipe, including tips, step-by-step photos, video, storage instructions, detailed allergy swaps, FAQ, and save at: <https://www.theconsciousplantkitchen.com/3-ingredient-quinoa-bread-rolls/> or scan the QR code here [→](#)



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Prep Time
10 mins

Cook Time
25 mins

Total Time
35 mins

Servings: 6 bread rolls Calories: 259.8kcal Author: Carine Claudepierre

Ingredients

- 250 g Self-Rising Flour + extra 2-3 tablespoons to shape the dough (note 1)
- 300 ml Sparkling Water (note 2)
- 185 g Uncooked Quinoa rinsed, drained (note 3)

Optional

- ½ teaspoon Salt
- 8 g Sugar (note 4)
- ⅓ cup Seeds mix pumpkin, sunflower seeds, flaxseeds

Instructions

1. Line a 9-inch baking sheet with parchment paper. Lightly oil the paper with a cooking oil spray. Set aside.
2. Place the raw, uncooked quinoa in a sieve, rinse it under cold tap water to remove saponins.
3. Transfer the rinsed, drained quinoa to a high-speed blender with sparkling water.
4. Blend on high speed for a good 45-60 seconds until it looks grey and the quinoa is pulsed in smaller pieces.
5. In a large mixing bowl, add self-rising flour, blended quinoa, salt, and sugar if used.
6. Stir with a rubber spatula at first, then lightly oil your hands with olive oil and knead, adding seeds if you like, and more sparkling water gradually if too dry, or more flour if too wet. You should form a dough ball that is lightly sticky but holds its shape nicely. Set aside for 10 minutes in the bowl to relax the dough.
7. Preheat the oven to 350°F (180°C).
8. Flour the work surface, transfer the dough and knead 2-3 times max, then cut into 6 even portions.
9. Lightly oil your hands again and roll each dough into balls and place them in the prepared tray, leaving an inch of space between each bread roll. They expand in the oven.
10. Brush the top of each bread roll with water, press a few seeds on top if you like - I am using a mix of flaxseeds, sunflower seeds, and pumpkin seeds.
11. Cover the pan tightly with foil, and bake it for 15 minutes at 350°F (180°C). Increase the oven temperature to 390°F (200°C), remove the foil, and keep baking for 10-12 minutes until the outside of the bread is crispy and a toothpick inserted in the center of a bread roll comes out with a little to no crumb.
12. Let them cool down on a cooling rack for 2 hours before slicing.

Notes

Note 1: You can make your own self-rising flour by stirring 2 cups of all-purpose flour with 3 teaspoons of baking powder. Use my gluten-free conversion guide to make them gluten-free.

Note 2: I am using unsweetened sparkling water. Soda water, plain kombucha works as well.

Note 3: Any quinoa color can be used. I like white quinoa to keep the bread rolls white in color.

Note 4: The sugar removes the light bitterness of quinoa in the bread. If you don't mind the bitterness, skip the sugar.

Oven Mode: I use the fan-forced (convection) mode. If you have to use conventional mode, I recommend increasing the temperature by 25°F (15 °C). The baking time should be the same, but it might take a few more minutes.

Storage: Wrap the bread rolls in a clean kitchen towel and keep them at room temperature for up to 4 days. They harden with time, but you can slice and toast them in a bread toaster or rub water around the bread and air fry at 300°F (150°C) for 5 minutes.