

# Ageless Woman Living

Coaching women toward greater balance of body, soul & spirit

## Brazilian Cheese Rolls

### Ingredients:

1/4 cup butter

2.5 Tablespoons Water

2.5 Tablespoons Milk or (coconut or almond unsweetened)

1/2 teaspoon salt

1 cup tapioca flour

1 teaspoon minced garlic

1/3 cup grated or shredded Parmesan cheese

1 beaten egg

### Directions:

Preheat oven to 375 degrees. In a saucepan over high heat add butter, water, milk & salt. Bring to a boil and immediately remove from heat. Stir in tapioca and garlic until mixture is smooth. Set aside for 10-15 minutes to rest. Stir the cheese and the egg into mixture and combine thoroughly and has a similar texture to cottage cheese. Using a 1/4 cup measuring cup fill approx 3/4 full and drop rounded mounds of mixture onto un-greased cooking sheet. Recipe should make 8 medium size rolls.

Bake for 15-20 minutes or until lightly browned on top.

### Serves 8

*Approx: 129 calories, 16g carb, 3g protein, 6g fat*