

Treasure Barrel

High Protein Beef Pepperoni Pizza Rolls

20 min Prep time	**22 min** Cook time	**42 min** Total time
4 Servings	**Easy** Difficulty	**American** Cuisine

Ingredients

Dough

- [ ] 2 cups high-protein flour (or all-purpose plus 1/4 cup whey protein)
- [ ] 1 tsp instant yeast
- [ ] 1/2 tsp salt
- [ ] 3/4 cup warm water
- [ ] 1 tbsp olive oil

Filling

- [ ] 8 oz lean beef pepperoni, sliced
- [ ] 1 cup shredded mozzarella cheese
- [ ] 1/4 cup grated Parmesan
- [ ] 1 tsp dried oregano
- [ ] 1/2 tsp garlic powder
- [ ] Optional: 1/2 cup chopped spinach

Instructions

1. In a mixing bowl, combine the high-protein flour, yeast, and salt. Add warm water and olive oil, stir until a shaggy dough forms.
2. Knead the dough on a lightly floured surface for about 5 minutes until smooth. Cover with a damp cloth and let rise 10 minutes.
3. While the dough rests, mix the beef pepperoni with oregano, garlic powder, and a drizzle of olive oil. Set aside.
4. Roll the dough into a thin rectangle (about 1/8-inch thick). Sprinkle the mozzarella, Parmesan, and optional spinach, then distribute the seasoned pepperoni evenly.
5. Cut the dough into 2-inch squares, fold each over the filling, and seal edges by pressing with a fork.
6. Place rolls on a parchment-lined baking sheet, brush tops with olive oil, and bake in a preheated 400°F oven for 18-22 minutes, until golden and cheese is bubbling.
7. Remove, let rest 2 minutes, then serve warm. For a quick snack, enjoy straight from the tray.

Nutrition per serving

340 kcal	22 g	32 g	14 g
Calories	Protein	Carbs	Fat

Tips & notes

- If you prefer a softer crust, lower the oven temperature to 375°F and bake a bit longer.
- Feel free to add a pinch of crushed red pepper flakes for extra heat.
- These rolls reheat well in a toaster oven, preserving crispness.