



Whole Grain Dinner Rolls or Bread

Ingredients:

1 large egg, room temperature

1 1/3 cups warm water (80°F/27°C)

¼ cup oil (I use Grapeseed oil)

Flax mixture: 2 Tbsp. fresh ground flax

2 Tbsp. water

Mix water into flax and soak for 2 minutes until gelatinous.

¼ cup sugar

2 tsp. sea salt

4 cups Spelt or Khorasan flour

2 ¼ tsp. active dry yeast

Preparation:

Assemble ingredients into your bread machine in order of ingredient list. Put your machine on the dough cycle. When it is finished, divide and shape into buns or bread. Place on a greased baking sheet, or bread pan. Cover and let rise in a warm place for 30 minutes for buns, 45 minutes or until doubled in size.

Bake at 350°F/177°C for 15 to 25 minutes for buns, 30 minutes for bread, or until done.

Note: when using a bread machine, check the “dough” as it is mixing. If it seems to wet – add 1 Tbsp. flour at a time; or to dry – add 1 Tbsp. water at a time.

You want the dough to be sticky enough to slightly stick to your finger when you touch the ball.

