Soft & Nutritious Whole Grain Dinner Rolls

Ingredients

- 1 large egg, room temperature
- 1 1/3 cup warm water (80°F/27°C)
- ¼ cup oil (grapeseed oil works beautifully)
  Flax Mixture:
- 2 tablespoons freshly ground flax
- 2 tablespoons water
  Mix together and let sit 2 minutes until gelatinous
- ¼ cup sugar
- 2 teaspoons sea salt
- 4 cups Spelt or Khorasan flour
- 2 ¼ teaspoons active dry yeast

Method

Bread Machine Method:

Add ingredients to your bread machine in the order listed above. Select the dough cycle and allow it to complete.

Once finished, divide and shape dough into buns or place into a greased bread pan. Cover and let rise in a warm place:
- 30 minutes for buns
- 45 minutes for bread, or until doubled in size

No bread machine? No Problem!

In a large bowl, combine warm water, sugar and yeast. Let sit 5 - 10 minutes until foamy.

Mix in egg, oil, flax mixture and salt.

Gradually stir in flour until a soft dough forms,

Knead by hand for 8 - 10 minutes until smooth and elastic.

Cover and let rise in a warm place for 1 – 1 ½ hours, or until doubled.

Shape into buns or bread, place on a greased pan and allow a second rise as noted above.

Bake and enjoy the incredible aroma of fresh homemade whole grain baking!