RECIPE

Honey Whole Wheat Rolls

from The Advent Project

servings 24 rolls

ingredients

3 1/2 - 4 cups white flour
2 1/2 cups whole wheat flour
2 packages rapid rise yeast
1 tablespoon salt
1 cup milk
1 cup water
1/2 cup honey
3 tablespoons shortening
1 egg

instructions

1. Mix 2 cups white flour, 1 cup wheat, yeast, salt.
2. Heat the milk, water, shortening, and honey in a saucepan on the stove top to be warm to the touch (120-130 degrees).
3. Pour the wet ingredients and egg into the bowl of dry ingredients and stir. With an electric mixer, mix for 3 minutes.
4. Add the rest of the whole wheat flour and enough white flour to create a dough and knead for 5-8 minutes.
5. Add dough to a greased bowl. Flip the dough to grease the other side. Cover and let rise until double in size (45-60 minutes).
6. Punch down dough and divide and shape into 24 balls.
7. Add to a greased cookie sheet. Cover and let rise for 30 minutes.
8. Bake at 375°F for 20-25 minutes until tops begin to brown.