

Recipe

Soft Whole Wheat Dinner Rolls

Ingredients

- 5 cups wheat berries (or 4-5½ cups whole wheat flour)
- 2 tbsp yeast
- ½ cup warm water
- ½ cup butter, softened
- ¼ cup honey
- 3 eggs
- 1 cup buttermilk or milk
- 1½ tsp salt

Directions

1. Add 2½ wheat berries to a FourSide or WildSide+ jar and secure lid.
2. Blend on High speed for 50 seconds and place in a large bowl.
3. Repeat with remaining wheat berries and set flour aside.
4. In a small bowl, add yeast to warm water. Stir and set aside.
5. In a mixing bowl, cream butter and honey together.
6. Add eggs, milk and yeast mixture, mix until incorporated.
7. Add salt and 1 cup of flour at a time, mixing thoroughly with each addition.
8. If using an electric mixer, knead for 2 minutes with dough hook. If mixing by hand, knead the dough and add more flour until the dough is no longer tacky.
9. Let the dough rest and rise for about 1 hour.
10. Form into 2" dough balls and place on a greased 9x13" pan or cookie sheet. Let rolls rise until doubled in size.
11. Bake at 350°F for 20-25 minutes or until golden brown. Remove from oven and brush the tops with softened butter.

