

Feather Rolls

Whole wheat flour increases the fiber in these dinner rolls. Dough can be used immediately or stored in the refrigerator for several days until you are ready to bake it.

Makes: 24 servings

Ingredients

- 4 cups whole wheat flour, divided
- $\frac{3}{4}$ cup all-purpose flour
- 1 $\frac{1}{4}$ tablespoons active dry yeast
- 1 cup dry milk powder
- 1 $\frac{1}{2}$ cups warm water
- ? cup oil
- 3 tablespoons sugar (or honey)
- 2 large eggs (or 4 egg whites)
- 1 teaspoon salt



Directions

1. Preheat oven to 350°F.
2. Mix 2 $\frac{1}{2}$ cups whole wheat flour, dry yeast, and dry milk in large mixer bowl. Add water, oil, and sugar (or honey). Mix well, 1-2 minutes.
3. Turn off mixer, cover, and let dough rest for 10 minutes.
4. Add eggs and salt. Turn on mixer. Add remaining whole wheat and all-purpose flour, 1 cup at a time, until dough begins to form a ball.

5. Knead for 5-6 minutes. Dough should be very soft and manageable. Stiff dough produces heavy, dry rolls. If dough stiffens while mixing, drizzle a little warm water over dough as it kneads.
6. Dough may be used immediately or covered and stored in the refrigerator for several days.
7. Lightly oil hands and countertop if needed. Shape immediately into rolls. Let rise until very light.
8. Bake for 18-20 minutes. Do not overbake.

Notes: Children under the age of 1 should not consume honey.

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