

Flax Dinner Rolls

Soft wholesome rolls that make the perfect accompaniment to any dinner.

Ingredients

- 2 ¼ tsp instant yeast (or 1 packet)
- 1 cup white wheat flour
- ½ cup milled flax seeds
- 2 T sugar
- ½ cup warm water (110-120 degrees Fahrenheit)
- ½ cup warm almond milk (110-120 degrees Fahrenheit)
- 1 cup all-purpose flour



Instructions

1. Combine yeast, wheat flour, flax seeds, and sugar, in the bowl of your mixer.
2. Add warm water and milk.
3. With the dough hook, mix on low speed for 2 minutes.
4. Gradually add in the all-purpose flour.
5. Continue mixing on low speed until the dough leaves the side of the bowl, about 2 minutes.
6. Allow dough to rest for 10 minutes.
7. Remove the dough and divide evenly into 12 pieces.
8. Shape each piece of dough into a round roll.
9. Place each roll on a lined baking sheet or lightly oiled stoneware dish.
10. Cover with clean dish towel.
11. Allow to rise for 1 hour, until double.
12. Heat oven to 375 degrees Fahrenheit.
13. Bake for 19-20 minutes, until lightly golden.
14. Remove from oven; allow to cool.

Notes

I used King Arthur white wheat flour but feel free to use any whole grain flour.

I use SAF instant yeast. If you can't find it in your local grocery store, you can order it on Amazon via subscribe and save.

I keep a small portion of yeast in the refrigerator; the rest is stored in a freezer bag or jar in the freezer. Yeast stores and keeps extremely well in the freezer.

Recipe adapted from [allrecipes.com](https://www.allrecipes.com)