



Whole Wheat Dinner Roll

using *Wheat Dinner Roll Flour*



Ingredients



- 2 cups of Wheat Dinner Roll flour
- 3 Tbsp (2 packages) Dry Active Yeast
- 3/4 cup of water

Yield: 12 rolls
Serving Size: 1 roll



Directions



1. Combine the Wheat Dinner Roll flour with the yeast in a large bowl.
2. Add the water and mix until all is incorporated.
3. Knead on a lightly floured surface until smooth and elastic.
4. Cover and let rest for 20-30 minutes.
5. Divide into 12 equal pieces and shape into balls.
6. Place on a greased pan, cover and let rise for 20-30 minutes.
7. Bake at 375 for 15 to 20 minutes. Enjoy!

Visit secondharvestkitchen.org to find more recipes, free classes, and ways to get involved!



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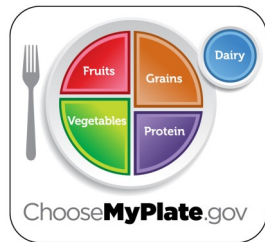
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Fast Facts



Featured Food Groups



Cooking Tips



- Serve warm and enjoy with butter, honey, or jam!
- If leftover rolls get stale, cut into cubes and make croutons!
- Instead of butter, try spreading with olive oil and a sprinkle of salt and pepper.

Nutrition Facts

12 servings per container	
Serving size	1 Roll
Amount Per Serving	
Calories	70
% Daily Value*	
Total Fat 1g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 15g	5%
Dietary Fiber 2g	7%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 3g	6%
Vitamin D 0mcg	0%
Calcium 13mg	0%
Iron 0.72mg	4%
Potassium 94mg	2%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

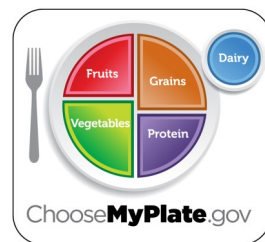
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