

Whole Grain Potato Rolls



INGREDIENTS | 🍴 14 large rolls

4 c	whole wheat flour
1 c	old-fashioned rolled oats
1/4 c	potato flakes
1 tbsp	instant yeast or active dry yeast
2 tsp	salt
1/4 c	olive oil
1/4 c	honey
1	large egg
1 1/2 c	lukewarm water
1/4 c	melted butter (for brushing on rolls)

DIRECTIONS

1. Mix and knead all of the ingredients — by hand or with a stand mixer — to make a soft, smooth dough. If using a mixer, dough may be sticky.

Place the dough in a lightly greased bowl and cover. Let the dough rise until it's doubled in size, 60 to 90 minutes.

2. Gently deflate the dough, and divide it in half. Take one half, and divide it into seven round rolls. Place them in a lightly greased 9" round cake pan. Working with the other half of the dough, repeat the process.
3. Cover the rolls with lightly greased plastic wrap. Let them rise for about 90 minutes, or until they've nearly doubled in size.
4. Towards the end of the rising time, preheat the oven to 375°F with a rack in the center. Avoid baking rolls on the top rack as they will brown quickly.
5. Brush the rolls with melted butter. Bake the rolls until they're golden brown, about 25 minutes. Tent with foil if they appear to be browning too quickly.
6. Remove the rolls from the oven, and place them on a rack to cool.

NOTES

Sourcing your flour from a local miller can add incredible taste and greater nutrient-density to your rolls. For any leftovers, store well-wrapped, at room temperature for several days, or freeze for longer storage.