

Bread and Dinner Rolls

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Caution! This recipe is not designed for use in bread machines.

4 Cups warm water
2 TBS dry yeast
½ cup honey
3 TBS raw wheat germ
3 TBS nutritional food yeast
1½ TBS lecithin
2 cups whole wheat flour
1 TBS gluten flour

✓ **Proof:** Stir and let bubble in warm place for 15-20 minutes

✓ **Add:**

¼ cup olive oil
1 TBS salt
7-7½ cups whole wheat flour

✓ Knead and let rise 45 minutes.

✓ Makes three loaves of bread. Divide and put into oiled bread pans.

Bake at 350 for 55 minutes

For **dinner rolls** weigh them into 2 ounces each for uniform rolls.
Bake at 350 for 30 minutes

For **burger buns:**

✓ Measure **4 ounces** and roll with rolling pin and place in an oiled 6-inch pie pan.

And/Or:

✓ Measure **3 ounces** and roll with rolling pin and place in oiled 4-inch bun pan.

Bake at 350 for 30 minutes.