

# Feather Rolls

**Makes:** 30 Servings

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.

## Ingredients

- 4 cups** flour, whole wheat
- 3/4 cup** flour, all-purpose
- 1 1/4 tablespoons** yeast, dry active
- 1/2 cup** non-fat dry milk powder
- 1 1/2 cups** warm water
- 1/3 cup** oil
- 3 tablespoons** sugar (or honey)
- 2** eggs, large (or 4 egg whites)
- 1 teaspoon** salt

## Directions

1. Mix 2 1/2 cups whole wheat flour, dry yeast, and non-fat dry milk in large mixer bowl. Add water, oil, and sugar (or honey). Mix well 1 to 2 minutes.
2. Turn off mixer, cover and let dough sit for 10 minutes.
3. Add eggs and salt. Turn on mixer. Add remaining flour, 1 cup at a time, until dough begins to form a ball.
4. Knead for 5 to 6 minutes. Dough should be very soft and

### Nutrition Information

Nutrients	Amount
<b>Calories</b>	<b>102</b>
<b>Total Fat</b>	<b>3 g</b>
Saturated Fat	0 g
Cholesterol	14 mg
<b>Sodium</b>	<b>90 mg</b>
<b>Total Carbohydrate</b>	<b>16 g</b>
Dietary Fiber	2 g
Total Sugars	2 g
Added Sugars included	1 g
<b>Protein</b>	<b>4 g</b>
Vitamin D	0 IU
Calcium	22 mg
Iron	1 mg
Potassium	97 mg
N/A - data is not available	
<b>MyPlate Food Groups</b>	
 Grains	1 ounce

manageable. Stiff dough produces heavy, dry rolls. If dough stiffens while mixing, drizzle a little warm water over dough as it kneads.

5. Dough may be used immediately or covered and stored in the refrigerator for several days.

6. Lightly oil hands and counter top if needed. Shape immediately into rolls. Let rise until very light.

7. Bake at 350°F for 18 to 20 minutes. Do not over bake.

**Source:** Utah State University Cooperative Extension, Duchesne County. Healthy Holiday Eating Tips and Recipes.