

BREAD AND ROLLS



BUTTERY BREADSTICKS SERVINGS: 16

1 Tbsp yeast	1 Tbsp honey	3 1/2 cups flour
1 1/2 cups warm water	1/2 tsp salt	1 Tbsp Parmesan cheese
1 Tbsp malted milk	1/2 tsp garlic salt	

Dissolve yeast in warm water. Add ingredients in the order listed. Roll dough into bread sticks and bake at 375 degrees for 10 to 12 minutes on a cookie sheet sprayed with cooking oil. Top with I Can't Believe It's Not Butter spray, Parmesan cheese, and salt.

Per Serving Nutritional Information

Calories (kcal):	108.1	Dietary Fiber (g):	0.2
Total Fat (g):	0.4	Protein (g):	3.3
Carbohydrate(g):	22.4		

CHEDDAR GARLIC DINNER ROLLS SERVINGS: 16

2 Tbsp yeast	1 tsp garlic salt
2 cups hot water	1/3 cup Cheddar cheese shredded or grated
4 Tbsp sugar	4 1/2 cups all-purpose flour
1 tsp salt	

In a mixing bowl, pour hot water onto yeast and let sit 5 minutes until yeast is dissolved. Add sugar, salt, garlic salt, Cheddar cheese, and flour. Add flour 1 cup at a time. Be careful not to over mix. The dough will be a bit sticky. Cover and let rise 1 hour, then pull apart into round balls. Don't roll into a ball. Place in a sprayed baking dish or bake on a pizza stone. Bake at 350 degrees for 15 to 20 minutes.

Per Serving Nutritional Information

Calories (kcal):	154.0	Dietary Fiber (g):	0.4
Total Fat (g):	1.2	Protein (g):	4.8
Carbohydrate(g):	30.6		

WHOLE WHEAT FLAX SEED BREAD SERVINGS: 8

5 cups wheat flour (whole grain)	2 cups warm water	2 tsp salt
1 Tbsp yeast	1/4 cup flax seed powder	
1/4 cup gluten flour	3 Tbsp honey	

Place 3 cups flour in mixer. Add yeast and gluten flour; pulse well. Add water and mix for 1 minute. Add flax seeds. Let sit 10 minutes to sponge. Add honey and salt. Mix for 3 minutes, scraping side of bowl. Turn mixer on and add 1 more cup of flour. Place 1 cup flour on counter and knead into dough. Divide the dough and place into bread pans. Let rise, covered, on countertop until double; about 1 hour. Bake at 350 degrees for 30 to 45 minutes. Slice or store in plastic bags in cupboard.

Per Serving Nutritional Information

Calories (kcal):	299.5	Dietary Fiber (g):	10.3
Total Fat (g):	3.0	Protein (g):	11.6
Carbohydrate(g):	63.1		