

# Wholesome Recipes

from the *Amazing Wheat Book*

by LeArta Moulton

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## Quick Rolls

*This dough can also be used for making dinner or sweet rolls as well as hamburger or hot dog buns. The texture is very light.*

2 C warm water  
1/2 C cooking oil  
1/3 C honey  
3 T yeast  
1 tsp salt  
2 eggs  
6-7 C whole wheat flour (or until workable)

**Hint:** Use oil on hands and kneading surface for easier handling.

Mix water, oil, honey and yeast. Set aside 15 minutes.

Add rest of ingredients and mix well.

Form into desired shapes and let rise 20-30 minutes or until double.

Bake 15 minutes at 400°.

**Makes 2 dozen.**