

Fluffy Vegan Spelt Rolls

(courtesy of the Minimalist Baker)

INGREDIENTS:

2 cups spelt flour (<i>divided</i>)	½ tsp sea salt
1 packet rapid-rise yeast (<i>1 packet yields 2¼ tsp; if using regular yeast, double the rise time</i>)	½ cup unsweetened dairy free milk
2 tbs organic cane sugar	¼ cup water
	2 tbs olive oil

INSTRUCTIONS:

- 1 To a large mixing bowl, add ¾ cup (90 g) spelt flour, yeast, sugar and salt.
- 2 In a separate mixing bowl (or small saucepan over medium heat), microwave the almond milk, water, and olive oil until warm (110-120°F) or about 55 seconds. It should be the temperature of bath water. If it's too hot, it can kill the yeast.
- 3 Add wet to the dry ingredients and whisk vigorously or beat on medium/low for 2 minutes, scraping sides as needed.
- 4 Add ¼ cup (30 g) more of spelt flour and beat for another 2 minutes. Then add only enough remaining flour to make a soft dough. This might be slightly less than the remaining 1 cup. Transfer to a lightly floured surface and knead until smooth and elastic, about 1-2 minutes. Then place back in the mixing bowl, loosely cover, and let rest 10 minutes.
- 5 Divide the dough into 10-11 equal pieces and carefully shape into balls, handling as little as possible. Place in a greased 8 x 8 inch baking dish or round cake pan. Cover and let rise in a warm place (such as on top of the oven or in a sunny spot) for about 45 minutes to 1 hour or until they've doubled in size. Then sprinkle with oats.
- 6 Let cool a few minutes, then serve as is or with vegan butter and jam of choice. Store leftovers covered at room temperature up to 3 days.



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