

# Whole Wheat Rolls

**Makes:** 490 servings

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Ingredients	Weight	Measure
Warm water	29 lb 4 oz	3 1/2 gal
Honey	1 lb 8 oz	2 cups
Active dry yeast	1 lb	2 1/3 cups
Whole-wheat flour	20 lb	4 1/2 gal 3 3/4 cups
Enriched all-purpose flour	20 lb	4 1/2 gal 1/2 cup
Salt		1/2 tsp
Cracked wheat	3 lb	9 3/4 cups

## Nutrition Information

Key Nutrients	Amount	% Daily Value
<b>Total Calories</b>	<b>147</b>	
Total Fat	0.61 g	
Protein	5.15 g	
Carbohydrates	31.17 g	
Dietary Fiber	3.46 g	
Saturated Fat	0.1 g	
Sodium	6 mg	

## Directions

1. Pour 3 ½ gal warm water into mixer.
2. Add honey, then yeast.
3. Add whole wheat and all-purpose flour, salt, and cracked wheat.
4. Mix on low to medium speed until well blended.
5. Let stand and rise 10 minutes.
6. Roll out and form into 2.25 ounce rolls and place 7 across and 10 down on 7 sheet pans (18" x 26" x 1").
7. Bake until golden brown: Conventional oven: 325°F for 30 minutes.
8. Cool on racks. Serve warm or cool

## Notes

### Additional Tips

Note: This recipe is from a high elevation location which can have an impact on baking. At higher altitude, gas expands more readily so you may want to use more yeast. Also, moisture evaporates more readily so you may need to adjust oven temperature.