

## **Soft Whole Wheat Rolls**

2 pkg active dry yeast  
½ c warm water  
½ c coconut oil, softened  
1/4 c honey  
3 eggs  
1 c lowfat buttermilk  
1 ½ t salt  
4 ½ - 5 c whole wheat flour

Dissolve yeast in water. In large bowl, mix yeast & next 5 ingredients. Slowly add in flour. Turn onto floured surface and knead 2 minutes. Place in greased bowl, cover and let rise 1 hr. Turn onto floured surface & knead a few times. Divide into 12 pieces & roll each into ball. Place dough balls in greased 13x9 baking dish & let rise 1 hr. Bake at 350 degrees for 22 min.  
12 large rolls- each 300 calories

## **Cheddar-Pepper Biscuits**

2 c whole wheat flour  
1 T baking powder  
½ t salt  
½ t baking soda  
½ t fresh ground black pepper  
½ c sharp cheddar cheese, shredded  
3 T butter, cut-in  
1 c lowfat buttermilk

Preheat oven to 400 degrees. Mix first 5 ingredients in medium bowl. Stir in cheese and cut-in butter. Stir in buttermilk just until moistened. Turn dough onto floured surface. Knead a few times. Press dough into 3/4 inch thick circle. Using biscuit cutter, cut into 12 biscuits. Bake at 400 degrees for 10 minutes.  
12 biscuits- each 128 calories

## **Sour Cream Rolls**

¼ c warm water  
1 pkg active dry yeast  
1 c sour cream, warmed slightly  
2 T butter, cut in  
1 egg  
2 T honey  
1 t salt  
2 1/2 -3 c whole wheat flour

Dissolve yeast in water. In large bowl, mix together yeast mixture and sour cream. Cut in butter. Mix in egg, honey and salt. Gradually stir in flour until dough forms. Turn dough onto floured surface. Knead a few times. Place in greased bowl, cover and let rise 1 hr. Turn dough onto floured surface. Cut into 12 pieces. Knead each piece and mold into ball. Place on greased baking sheet, cover and let rise 30 minutes. Bake at 375 degrees 12-14 minutes.  
12 rolls- each 176 calories