

WHOLE WHEAT FLAX BUNS

- 2 1/4 cups warm water
- 1 1/2 cups warm milk
- 1/3 cup brown sugar
- 2 t salt
- 2 eggs
- 1 1/2 cups cracked flax (crack in blender)
- 8 cups freshly milled whole wheat flour
- 2 T SAF Instant Yeast

This recipe is for the Bosch Universal Plus mixer. (Kneading times for the Bosch Universal mixer are in brackets)

Place all ingredients except the yeast and half of the whole wheat flour into the Bosch mixer bowl. Attach Dough Hook and splash ring. Mix on speed 1 until blended, continue mixing and sprinkle in yeast. Knead 3 minutes (5 minutes for Bosch Universal Mixer). As it is kneading, add the remaining flour—when the right amount of flour has been added, the dough will come clean from the sides of the mixer bowl. Knead on speed 1 for 5 minutes (9 minutes for Bosch Universal Mixer).

Shape into buns. Place on greased cookie sheets. Cover with towel and let rise until doubled in size. Bake at 350° for 20-25 minutes until nicely browned. Remove from oven and pans, cool on rack or towel