



Seeded Dinner Rolls with Nut Flour

These are just the kind of dinner rolls you'll want to serve; they have great flavor and texture, with the added bonus of seedy goodness. Made with our [All-Purpose Flour Artisan Blend](#) and [Nut Flour Blend](#).

Ingredients

- 3¼ cups [Pamela's All-Purpose Flour Artisan Blend](#) (460 gr.)
- ¾ cup [Pamela's Nut Flour Blend](#) (80 gr.)
- 2¼ tsp salt
- 1½ cups warm water (100°)
- 3½ tsp yeast
- 2 TBSP honey or agave
- 3 eggs, large
- ¼ cup plus 2 TBSP oil
- 1 cup assorted seeds: sesame, golden flax, fennel, cumin, caraway, poppy, etc.

Directions

Proof yeast by sprinkling yeast on top of warm water (100°). Whisk dry ingredients in bowl of stand mixer. Mix together honey, eggs and oil. Make a well and add the egg mixture, and yeast with water. Mix on low until flour is moistened. Mix on high just until totally mixed, about a minute.

Prep a 9 x 9-inch pan with non-stick spray. Spray a ½-cup measuring cup with non-stick spray and scoop portions of dough onto a piece of parchment that has been sprinkled with some of the seeds. Using oiled fingers, form ball of dough by rolling in seeds and forming the rolls. You should be able to make 9 rolls; place in rows of three. Cover with plastic wrap, and allow to rise in draft-free, warm spot until doubled and they fill the pan.

Preheat oven to 350°. Bake 30 to 35 minutes until light feeling, rolls are starting to pull away from the sides of the pan, and are golden.

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