

Yogurt Yeast Rolls

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Taste of Home Grandma's Favorites

Yield: 24 rolls

1 1/2 cups whole wheat flour
3 1/4 cups all-purpose flour, divided
2 packages (1/4 ounce ea) active dry yeast
2 teaspoons salt
1/2 teaspoon baking soda
1 1/2 cups plain yogurt
1/2 cup water
3 tablespoons butter
2 tablespoons honey
additional melted butter (optional)

Preparation Time: 30 minutes**Bake Time: 15 minutes**

In a large bowl, combine the whole wheat flour, 1/2 cup of all-purpose flour, yeast, salt and baking soda.

In a saucepan over low heat, heat the yogurt, water, butter and honey to 120 to 130 degrees. Pour over the dry ingredients. Blend well. Beat on medium speed for 3 minutes. Add enough remaining all-purpose flour to form a soft dough.

Turn onto a floured surface. Knead until smooth and elastic, about 6 to 8 minutes. Place in a greased bowl, turning once to grease the top. Cover and let rise in a warm place until doubled, at least one hour.

Punch the dough down. Turn onto a lightly floured surface. Divide into twenty-four portions. Roll each portion into a ten-inch rope. Shape the rope into an "S", then coil each end until it touches the center. Place three inches apart on greased baking sheets. Cover the rolls and let rise until doubled, about 30 minutes.

Preheat the oven to 400 degrees.

Bake the rolls until golden brown, about 15 minutes. If desired, brush the tops with additional butter while warm.

Remove from the pans to wire racks to cool.

Per Serving (excluding unknown items): 2790 Calories; 54g Fat (17.3% calories from fat); 85g Protein; 498g Carbohydrate; 37g Dietary Fiber; 140mg Cholesterol; 5444mg Sodium. Exchanges: 29 1/2 Grain(Starch); 1/2 Lean Meat; 1 1/2 Non-Fat Milk; 10 Fat; 3 1/2 Other Carbohydrates.