Light & Fluffy Chia Whole Wheat Rolls
Merry Graham, Newhall, California

Ingredients

2 1/2 cups King Arthur Whole Wheat Flour, divided
1-1 1/2 cups King Arthur Unbleached All-Purpose Flour, divided
1/4 cup nonfat dry milk
1 1/2 tablespoons Fleischmann's® Active Dry Yeast
1 cup water
1/4 cup grapeseed oil or canola oil
1/4 cup light agave nectar
2 large eggs, lightly beaten
1 1/2 teaspoons sea salt
1 - 2 teaspoons dried minced onion
1/4 teaspoon garlic powder
2 tablespoons toasted wheat germ
2 1/2 tablespoons chia seeds, divided
Egg Wash: 1 large egg plus 1 tablespoon water, beaten

Prep Time: 30 minutes
Bake Time: 18 minutes
Yield: Makes 18 rolls

Nutrition Information

One roll provides approximately 163 calories; 6 g protein; 25 g carbohydrates; 3 g dietary fiber; 5 g fat (1 g saturated); 31 mg cholesterol; 52 mcg folate; 1 mg iron and 213 mg sodium.

Directions

1. In large mixer bowl, with paddle attachment, add 1/2 cup whole wheat flour, 1/2 cup all-purpose flour, dry milk and yeast. Mix 30 seconds to combine ingredients.
2. In microwaveable bowl, heat water, oil and agave nectar to 120° to 130°F. Pour liquid into flour-yeast mixture, and beat on low speed 1 minute. Scrape bowl; cover and let rest 15 minutes.
3. Mix in 2 eggs, salt, onion and garlic powder; beat on low speed 1 minute. Add remaining 2 cups whole wheat flour, 1/4 cup at a time. Using dough hook, add enough of the remaining 1 cup all-purpose flour to form a slightly sticky dough.
4. Knead with dough hook 6 minutes on medium speed. Add wheat germ and 1 tablespoon chia seeds; continue kneading 2 minutes.
5. Place dough in large, oiled bowl, turn to coat top. Cover; let rise in warm place until double, about 1 1/2 hours. Lightly oil 18 standard-size, 2 1/2 x 1 1/4-inch muffin cups.
6. Punch down dough; divide into 18 equal pieces. Shape into a smooth ball, and place in muffin cup. Cover; let rise until almost double, about 30 minutes. Carefully brush with egg wash and sprinkle remaining chia seeds on top.
7. Bake in preheated 375°F oven 15 to 18 minutes, until golden brown. Place rolls on cooling rack. Serve warm.