



Honey Wheat Rolls

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These slightly sweetened Honey Wheat Rolls are made with real honey and a combination of all purpose and whole wheat flour.

Recipe adapted from [Chowhound](#)

	Course	Bread
Cuisine	American	
Prep Time	35 minutes	
Cook Time	25 minutes	
Total Time	1 hour	
Servings	12 rolls	
Calories	206kcal	
Author	Sam Merritt	

Ingredients

- $\frac{3}{4}$ cup (175 ml) whole milk
- $\frac{1}{4}$ cup (60 ml) honey
- $\frac{1}{4}$ cup (28 g) [unsalted butter](#) cut into 8 pieces
- $\frac{3}{4}$ cup (100 g) whole wheat flour
- 2-2 $\frac{1}{3}$ cups (250-291 g) [all purpose flour](#)
- 2 $\frac{1}{3}$ teaspoons instant yeast
- 1 teaspoon salt
- 1 large egg, lightly beaten, room temperature

Topping

- 1 Tablespoon (14 g) butter for greasing pan
- 1 Tablespoon honey
- 1 teaspoon warm water
- old fashioned or instant oats for sprinkling (optional)

Instructions

1. Preheat oven to 200F (95C).
2. Combine flours, yeast, and salt in the bowl of a stand mixer. Fit mixer with dough hook attachment.
 $\frac{3}{4}$ cup whole wheat flour, 2-2 $\frac{1}{3}$ cups all purpose flour, 2 $\frac{1}{3}$ teaspoons instant yeast, 1 teaspoon salt
3. In a small saucepan, combine milk, honey, and butter over low heat.
 $\frac{3}{4}$ cup whole milk, $\frac{1}{4}$ cup honey, $\frac{1}{4}$ cup unsalted butter
4. Stir occasionally, until butter is melted and ingredients reach a temperature of 110-115F (43-46C). If temperature exceeds 115F (46C), set aside and allow it to cool to desired

temperature.

5. Once butter mixture reaches the correct temperature, pour the butter mixture into the bowl with the dry ingredients.

6. Turn mixer to low speed and add egg. Stir until combined (you may need to use a spoon to make sure all ingredients are combined in the beginning if the dough hook doesn't hit the sides of the bowl).

1 large egg, lightly beaten,

7. Gradually increase speed to medium low and stir until dough becomes elastic (about 4-5 mins), adding up to additional 1/3 cup flour as needed. The dough will be sticky, but manageable.

8. Cover the bowl with cling wrap and allow to sit for 10 mins on top of warm oven. Meanwhile, generously grease the sides and bottom of a 13x9 glass baking dish with one tablespoon of butter.

1 Tablespoon butter

9. Transfer the dough to a lightly floured work surface and divide it into 12 even pieces. Roll into even sized balls.

10. Arrange the balls so that they are just touching in the prepared 13x9 baking dish.

11. Cover baking dish with clean towel and transfer to oven, close oven door, then **turn off** the oven. Allow dough to rise for 25 minutes.

12. Remove rolls from the oven, keeping them covered. Allow oven to preheat to 350F (175C)

13. Meanwhile prepare honey topping by combining honey and warm water in a small bowl
1 teaspoon warm water, 1 Tablespoon honey

14. Remove towel and use a pastry brush to brush the tops of the rolls with honey mixture and sprinkle with oats (optional)
old fashioned or instant oats

15. Return to oven (without towel) and bake on 350F (175C) for 25 minutes or until rolls are just beginning to turn lightly golden brown.

Nutrition

Serving: 1roll | Calories: 206kcal | Carbohydrates: 33g | Protein: 6g | Fat: 6g | Saturated Fat: 4g | Trans Fat: 1g | Cholesterol: 30mg | Sodium: 217mg | Potassium: 107mg | Fiber: 2g | Sugar: 8g | Vitamin A: 195IU | Vitamin C: 1mg | Calcium: 29mg | Iron: 2mg

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