

Cinnamon Rolls

Ingredients

1 1/8 cup water
2 1/3 cup Crushed Wheat #1
1/2 cup Crushed Wheat #2
1/2 cup Crushed Flax
3 tablespoons honey
1 teaspoon sea salt
3 tablespoon butter
3 teaspoon yeast



Directions

1. Mix this in Oster bread machine on dough setting, or by hand and let set for couple hours to rise.
2. When dough is ready, roll out into flat spread 1/8 inch thick.
3. Cover in melted butter(one stick), a good coating of brown sugar, and sprinkle cinnamon to flavor.
4. Roll into a long bundle.
5. Slice to thickness of rolls you'd like and put into a pan to bake.
6. Bake at 350 degrees Fahrenheit in the oven for 18 minutes.

His Saving Grains

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