



# Pizza Rolls

Add the following to an electric stand mixer or bowl:

3 cup very warm water

1 TBS SAF instant yeast

1/3 cup oil

1/3 cup raw honey

1 TBS salt

1-2 eggs

3/4 cup instant mashed potato flakes, optional

1/4 cup ground flax seed, optional

2 cups whole grain flour (I prefer to use a mixture of [spelt](#), [khorasan](#), hard white and hard red wheat. This is a very versatile recipe and can be used with any combination of grains - or just one type of grain.)

Mix above ingredients together for a few minutes.

Add more flour (2-3 more cups of whole grain or use white bread flour if you want) until the dough comes away from the sides of the bowl. Continue kneading/mixing the dough for a few minutes. Don't overmix when using ancient grains.

Oil or grease hands and counter top or bread board. Dump dough out of mixer. Knead 8-10 minutes. Place in large greased bowl. Cover with no-lint towel and allow to raise until double in size.

Roll into large rectangle on counter. Spread softened butter (3-4 TBS), pizza seasoning, garlic salt, your favorite pizza toppings, and mozzarella cheese. Roll into a log and slice into 1.5-2 in pieces. Place on greased cooking sheet and cover. Allow to raise until double in size.

Bake at 350 degrees for 20-25 minutes, until golden. Remove from pan and cool on wire rack. Serve with a side of pizza or spaghetti sauce.

Can freeze in large ziploc bag for easy meal prep.