

## 100% WHOLE WHEAT FLAX BUNS

(MAKES 4 TO 5 DOZEN BUNS)

|                    |                                |
|--------------------|--------------------------------|
| 2 1/4 c warm water | 2 eggs                         |
| 1 1/2 c warm milk  | 1 1/2 c ground or crushed flax |
| 1/3 c brown sugar  | 8 c whole wheat flour          |
| 2 t salt           | 2 T SAF (Instant) Yeast        |

Place all ingredients, except the yeast and half the flour, into the Bosch mixer bowl. Attach the splash ring and dough hook. Mix on speed one and sprinkle in yeast. Knead 2 minutes. As the dough is kneading, add the remaining flour - when the dough is coming clean from the sides of the bowl, enough flour has been added. Knead for another 8 minutes on speed one.

Oil counter, remove dough from Bosch bowl onto the counter. Separate the dough into 4 or 5 equal parts (this will make it easier to handle), shape buns and place on greased baking sheets. Proof in warm oven until buns have almost doubled in size. Bake at 350 °F for 20 - minutes until nicely browned. Remove from oven and pans. Cool on rack or towel.

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