
Rye Quinoa Power Rolls

Prep time - 6 hours

Ingredients

- 2 cups (grams) rye flour, separated
- 1 cup (350 grams) wheat flour
- 1 1/4 cup (200 grams) cooked quinoa
 - 2/3 cup dry quinoa
 - 1.5 cups water
 - 2 tbsp Caraway seeds
 - 1 tbsp rosemary
 - 1 tbsp thyme
 - 0.5 tbsp salt
 - 1 tsp powdered sage
 - 2 tbsp flax/chia/hemp seed mix
 - 2 tbsp coconut oil
- 2 1/4 tsp active dry yeast
 - 1 tsp honey (to start yeast)
 - 2 tbsp warm water



- Optional: 1/3 cup mixed seeds (sunflower, pepita, poppy etc)**
- if using seeds, soak them for 1 hr before adding

Airtight container or plastic wrap
Parchment paper
Extra rye flour and flax meal for rolling

Preparation

In a medium sized jar, combine 2 tbsp of warm water, 2 1/4 tsp active dry yeast, and 1 tsp honey. Stir and cover for 10 minutes.

Bring 2.5 cups of water to a boil.

Add quinoa, Caraway seeds, rosemary, thyme, sage, and salt. Reduce heat to low and cover. Allow to simmer for 5 minutes, then remove from heat. Leave covered until most of the water is absorbed, then stir in 2 tbsp of chia/flax/hemp meal and 2 tbs of coconut oil. Leave to cool in a shallow dish.

Dry Ingredients

Combine wheat flour, 1 1/2 cups rye flour and quinoa in a large mixing bowl. Be sure to use a bowl that can be covered with a lid or wrap.

Add 1 1/2 cup warm water and stir until no dry flour is seen.

Gently mix in yeast and cover. Allow to rise for 2 hours.

After 2 hours, fold in the seed mix and a half cup of rye flour.

In a dry bowl, mix ½ a cup of rye flour and 2 tbsp of flax meal.

Pinch dough into sections and roll into balls, using the mix of flour and flax meal as needed to prevent sticking.

Line a square baking pan with parchment paper, covering the walls.

Place rolls directly into the baking pan, leaving space between each. This should result in 12 evenly sized rolls.

Cover with parchment paper and a towel. Leave the rolls to rise for one hour.

Baking

After the rolls have sat for one hour, fill a glass jar or oven safe dish with water, place on the bottom rack of the oven, and preheat the oven to 400°F.

Leave the parchment paper on top of the rolls and bake for 15 minutes.

After 15 minutes, remove the parchment paper and water from the oven. Bake for another 15 minutes or until crust has formed and the rolls appear solid.

Nutrition Facts

Yield: 12 Rolls _____ %DV*

Total Calories: 1,978	Calories per serving: 165.....8.2%
Total Fat: 64g	Fat per serving: 5.3g.....6.8%
Saturated Fat: 27g	Saturated fat per serving: 2.25g.....%
Total Cholesterol: 0mg	Cholesterol per serving: 0mg.....%
Sodium: 3,556mg / 3.556g	Sodium per serving: 296mg.....12.9%
Total Carbohydrate: 357g	Carbohydrate per serving: 29.75.....10.4%
Dietary Fiber: 107g	Dietary Fiber per serving: 8.9g.....31.8%
Sugar: 14.1g	Sugar per serving: 1.2g.....2.4%
Protein: 100g	Protein per serving: 8.3g..... <16%
Calcium: 380mg	Calcium per serving: 31.7g.....2.4%
Iron: 38mg	Iron per serving: 3.2mg.....17.8%
Magnesium: 1068mg	Magnesium per serving: 89mg.....21.2%
Phosphorus: 2785mg	Phosphorus per serving: 232mg.....18.5%
Potassium: 4114 mg	Potassium per serving: 343mg.....7.3%

Trace vitamins: A, B6, Carotein, E, Folate, Niacin, Zinc

*Percent Daily Values are estimated based on a 2,000 calorie diet

**Optional ingredients are not included in the PDV calculations