



Fluffy Spelt Rolls (Vegan)

By The Minimalist Baker

Prep time: 1 hour 40 min Cook time: 20 min Total time: 2 hours

Serves: 10

Ingredients

- 2 cups (240 g) spelt flour, divided
- 1 packet (2 1/4 tsp) rapid rise yeast (if subbing regular yeast, double rise time)
- 2 Tbsp. (24 g) organic cane sugar
- 1/2 tsp sea salt
- 1/2 cup (120 ml) unsweetened plain almond milk
- 1/4 cup (60 ml) water
- 2 Tbsp. (30 ml) olive oil + more for topping
- 3 Tbsp. (17 g) rolled oats

Instructions

1. To a large mixing bowl, add 3/4 cup (90 g) spelt flour, yeast, sugar and salt. Whisk to combine.
2. In a separate mixing bowl (or small saucepan over medium heat), microwave the almond milk, water, and olive oil until warm - about 110 - 120 degrees (~55 seconds). It should be the temperature of bath water. If it's too hot, it can kill the yeast.
3. Add wet to the dry ingredients and whisk vigorously or beat on medium/low for 2 minutes, scraping sides as needed.
4. Add 1/4 cup (30 g) more spelt flour and beat for another 2 minutes. Then add only enough remaining flour to make a soft dough (I used slightly less than the full 2 cups called for). Transfer to a lightly floured surface and knead until smooth and elastic (~1-2 minutes). Then place back in the mixing bowl, loosely cover, and let rest 10 minutes.
5. Divide the dough into 10-11 equal pieces, carefully shape into balls (handling as little as possible), and place in a greased 8x8-inch baking dish or round cake pan. Cover and let rise in a warm place (such as on top of the oven or in a sunny spot) until doubled in size - about 45 minutes - 1 hour. Then sprinkle with oats.
6. Preheat oven to 375 degrees F (190 C). Once the rolls have doubled in size, bake for 18-20 minutes, or until fluffy and light golden brown. Carefully brush with olive oil for a shiny appearance (optional).
7. Let cool a few minutes, then serve as is or with vegan butter and jam of choice. Store leftovers covered at room temperature up to 3 days.