

YOGURT DINNER ROLLS

Ingredients:

1 cup White Mountain Foods Bulgarian Yogurt
1 T. butter
¼ cup water
2 T. honey
1 pkg. active dry yeast
1¼ white flour
1½ cup white or wheat flour
1 tsp. salt
¼ tsp. baking soda
1 egg or egg substitute

Directions:

In saucepan, heat together yogurt, butter, water, honey and salt until butter is melted. Cool to lukewarm (not cooler than 100°, or yeast won't activate, but not warmer than 115° or yeast will die). In large bowl, combine yeast, baking soda and 1½ cups flour. Add liquid ingredients. Beat at low speed of electric mixer for 30 seconds. Beat 3 minutes at high speed. Stir in 1¼ cups flour. Dough will be moist and sticky. Place in greased bowl, turning once. Cover and let rise until double, about 1½ hours. Place on floured board and knead lightly. Divide into 12 even pieces, form into round balls and place in well-greased muffin tins. Cover, let rise about 40 minutes. Preheat oven to 400°. Bake 12 to 15 minutes until nicely browned. Rolls freeze well.