

Two Hour Buns

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|---|-------|---------------------------|-----|----|
| 2 | tbsp. | fast rising instant yeast | 25 | mL |
| 8 | cups | all-purpose flour | 2 | L |
| ¾ | cup | ground flaxseed | 175 | mL |
| ½ | cup | granulated sugar | 125 | mL |
| 2 | | eggs | 2 | |
| 1 | tsp. | salt | 5 | mL |
| 3 | cups | lukewarm water | 750 | mL |

- In a bowl, mix yeast, 4 cups (1 L) flour and ground flax.
- In a large bowl, beat eggs, sugar and salt. Add water and stir.
- Add flour mixture to the liquid and beat until well blended.
- Add remaining flour and knead.
- Let rise 15 minutes.
- Punch down and let rise again 15 minutes.
- Punch down and form into buns.
- Place on greased baking sheet allowing 2 inches (5 cm) between buns.
- Let rise one hour.
- Preheat oven to 350° F (180° C).
- Bake 20 minutes. Remove and cool on a rack.

Yield: 4 dozen 4 inch (10 cm) buns

Serving Size: 1 bun

Single Serving Nutrient Values

| | |
|---------------------|--------|
| Calories | 109 |
| Protein | 3.3 g |
| Carbohydrate | 20.3 g |
| Fat | 1.5 g |
| Cholesterol | 8.8 mg |
| Saturated Fat | 0.2 g |
| Monounsaturated Fat | 0.3 g |
| Polyunsaturated Fat | 0.8 g |
| Dietary Fibre | 1.2 gm |
| Sodium | 55 mg |
| Potassium | 74 mg |