

# Quick Dinner/Sandwich Rolls

## Quick Dinner/Sandwich Rolls



You can make these rolls suit your purpose! If you want them as a sandwich bun, divide dough into 12 pieces. If you want a hearty dinner roll, divide into 18 pieces and if you want a petite dinner roll, divide into 24 pieces. You can flash freeze these immediately after shaping and once fully frozen, store in a ziploc bag in the freezer and thaw/rise when needed.

Petite Dinner Rolls (24)

My Personal Points: If you are a USA WW Member, Click on this link to get your points:

<https://cmx.weightwatchers.com/details/MEMBERRECIPE:61f32ee7b9a4f932a981fc9e>

Hearty Dinner Rolls (18)

My Personal Points: If you are a USA WW Member, Click on this link to get your points:

<https://cmx.weightwatchers.com/details/MEMBERRECIPE:61f32f9131d0842cf2dc7e01>

Sandwich Buns (12)

My Personal Points: If you are a USA WW Member, Click on this link to get your points:

<https://cmx.weightwatchers.com/details/MEMBERRECIPE:61f3302648>

[5f4e2dc494e049](#)

- 1/2 cup water
- 1 cup milk
- 1 tablespoons butter (melted)
- 1 tablespoons honey
- 1 tablespoon active dry yeast
- 3 1/2 to 4 cups all-purpose flour
- 1 teaspoon salt
- 1 egg

1. Warm milk and water to 110° in microwave or stove top
2. Stir in melted butter, honey, and active-dry yeast and let sit for 10 min or until very bubbly
3. In a stand mixer bowl mix together 3 1/2 cups of flour, salt and mix with a dough hook
4. Add the yeast mixture to the bowl and mix for 4-5 minutes, if the dough seems too wet add remaining flour a tablespoon at a time until the dough is smooth. Let knead in mixer for 5 minutes.
5. Remove dough, shape into a ball, and place in a greased bowl and let rise for 15 minutes in a warm area.
6. Punch dough down and divide into 12, 18 or 24 equal size pieces, shape into balls, \*\*\* If cooking immediately, place dough into greased 9×13 baking dishes and continue with the next instruction

\*\*\* If making ahead to freeze, shape dough, put on parchment lined baking sheet, cover with plastic wrap and freeze until totally frozen. Once frozen, remove from tray and store in a ziploc bag in the freezer. Thawing/cooking directions below.

7. Cover with a damp towel and let rise for 20-30 min or

until doubled in size

8. Preheat oven to 400°
9. In a small bowl beat egg and brush on top of rolls
10. Bake for 15-20 min or until rolls are lightly brown and cooked through
11. \*\*\*\*To thaw/bake: Remove rolls about 3-4 hours before needed. Place rolls in a greased 9×13 baking dish (or several depending on rolls). Cover with damp towel, place in a warm place and let thaw and then rise until doubled in size.

Preheat oven to 400°. Brush top of rolls with beaten egg. Bake 15-20 minutes.

Bread

Bread

bread, buns, dinner rolls, sandwich buns