

Fluffy Spelt Rolls

Adapted from minimalistbaker.com

Ingredients

- 2 ½ c. white spelt flour, divided
- 1 packet rapid rise yeast (2 ¼ t.)
- 1/2 t. salt
- 1 T. honey
- 1 T. unsweetened applesauce
- ¾ c. water
- Rolled oats for topping

Instructions

- Preheat oven to 350°
- In a large mixing bowl add ¾ c. spelt flour, yeast and salt
- In a separate mixing bowl microwave the water, honey and applesauce until warm (30-45 seconds)
- Add the wet ingredients to the dry ingredients and mix well
- Add remaining flour gradually to make a soft dough, adding more flour if needed
- Transfer to a lightly floured surface and knead for 1-2 minutes
- Place back in bowl, loosely cover, and let rest for 10 minutes
- Divide the dough into 10 pieces, carefully shaping into balls, pressing the oats into the top as you form
- Place in an 8 x 8 inch round cake pan and let rise in a warm place until doubled (15-20 minutes)
- Bake for 20-25 minutes until fluffy and light golden brown

What is spelt?

From thespeltbakers.ca

- **Spelt (*Triticum spelta*) is an ancient grain which should not be confused with common bread wheat (*Triticum sativum*), rye, barley or even oats. Spelt is a member of the same grain family but is an entirely different species and has certain properties which make it in many respects quite different.**
- **It is mentioned in the Old Testament and in various Roman texts.**
- **Spelt is by nature a whole-food. Unlike wheat, where vital nutritional bran and germ are usually removed during milling, the vital substances of spelt are found in the inner kernel of the grain. However, this does not mean that spelt makes a heavy loaf. In fact, the exact opposite is true. The real beauty of spelt is in its ability to make a really light, highly nutritious loaf with an appealing nutty flavor.**

Health Benefits of Spelt

- **Due to spelt's high water solubility, the grain's vital substances can be absorbed quickly into the body. The nutrients are made available to the entire organism with a minimum of digestive work.**
- **Spelt contains more protein, fats and crude fiber than wheat and has large amounts of Vitamin B17 (anti-carcinoma). It also contains special carbohydrates which play a decisive role in blood clotting and stimulate the body's immune system to increase its resistance to infection.**