



Buttermilk Yeast Rolls

(Makes about 1 ½ dozen)

- 1 package Active Dry yeast
- ¼ cup + 3 tablespoons warm water (105-115 degrees)
- 3 tablespoons maple sugar
- ½ cup melted lard
- About 4 cups sprouted wheat flour
- ½ teaspoon baking soda
- 1 teaspoon Celtic salt

Dissolve yeast in warm water in a mixing bowl. Add buttermilk, sugar, and lard. Mix well. Combine flour, baking soda, and salt. Gradually add to yeast mixture, mixing well.

Turn dough out onto a lightly floured surface; knead until smooth and elastic, about 8 minutes. (about 4 minutes in electric mixer). Let rest 10 minutes.

Shape dough into 1 ½-inch balls and place in 2 buttered 9" round glass or ceramic pans. Let rise in a warm place (85 degrees) about 1 hour or until doubled in bulk. Bake at 400 degrees for 15-20 minutes.