



Classic Sandwich Rolls (Bread machine version)

What are the ingredients in store-bought sliced bread?

Have you ever stopped and read the ingredients in store-bought sliced bread?

If not, I have the ingredients right here.



There are 23 ingredients: **Enriched wheat flour**, malted barley flour, **reduced iron**, **niacin**, **thiamin mononitrate**, **riboflavin**, water, sugar, yeast, wheat gluten, salt, butter, **preservatives**, **monoglycerides**, **cellulose gum**, **datem**, **monocalcium phosphate**, **natural flavors**, **calcium sulfite**, soy lecithin, **citric acid**, **grain vinegar**, **potassium iodate**.

The ingredients bolded are questionable ingredients. Yes, I know, they are added as preservatives or emulsifiers, etc. That's great but do we really need to have them in our bread.

Below is my version of sandwich rolls that has only 7 ingredients. You can easily double the recipe and freeze leftovers and take out as needed. This recipe can easily be done using a mixer but for a faster process, I just added everything to the bread machine set it to the dough settings, once completed I took the dough out and made rolls then placed them in the oven to bake.

Ingredients

- 1 cup milk
- 3 Tbsp butter
- 3 Tbsp maple syrup
- 2 tsp sea salt
- 2 Tbsp active yeast
- 2 cups warm water
- 4 cups bread flour
- 2 cups buckwheat flour

Directions

- Combine milk, butter, maple syrup, salt in a saucepan until butter melts
- Add liquid to bread machine
- Add flours, yeast and set to dough setting
- On completion, knead dough in small rolls and set on a baking sheet covered with parchment paper and let it rise for 20-30minutes or until its double in size.
- Preheat oven to 350 degrees
- Bake rolls for 30 minutes or until golden brown.
- Remove to wire racks to cool completely.

Any leftover can be stored in the freezer in a Ziploc bag.

****Note I only use organic ingredients**