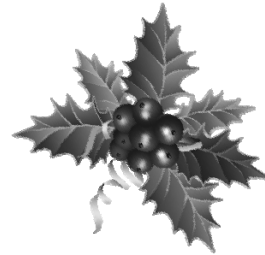


Bran Yeast Rolls

½ c. lukewarm water (~ 110°F - 115°F)
1 packet yeast
½ c. margarine
¾ tsp. salt
½ c. All-Bran cereal
½ c. sugar
½ c. boiling water
1 egg, beaten
3 c. flour, sifted twice



1. Place ½ c. lukewarm water in small bowl. Sprinkle yeast over water and stir to moisten. Let sit for 5 minutes. (***! sprinkle a pinch of sugar into yeast mixture to "feed" the yeast.***)
2. Place margarine, salt, cereal, and sugar in bowl. Pour ½ c. boiling water over mixture in bowl and let sit for 5 minutes.
3. Add egg to cereal mixture. Stir in yeast mixture. Add flour to mixture and stir until well mixed.
4. Spray top of dough with cooking spray. Cover and refrigerate overnight.
5. Roll dough out onto floured board to about ¾ inch in height. Cut out with biscuit cutter or top of small glass. Place in greased pan; allow to rise until double in size.
6. Bake at 400°F for approximately 15 to 20 minutes or until light brown in color.
7. ***NOTE: Rolls can be made in advance, cooked for half of the time, and frozen. Thaw overnight and cook for the additional half time for freshly baked rolls!.....similar to brown and serve rolls.***

Yield: ~ 24 rolls

Nutritional Information: Per serving: (1 roll)

Calories: 94
Total Fat: 2.8 g
Cholesterol: 8 mg
Carbohydrates: 15.3 g
Fiber: 1.1 g
Protein: 2.1 g
Sodium: 97 mg