

## BUNNYTOWN BAND'S ROCKIN' ROLLS

These rockin' rolls inspire Bunnytown band members Slick, Clive, Jools, Wojo, and C-Train to make beautiful music. Serve them when they're warm and fluffy and they're sure to get your birthday guests moving!

### Ingredients:

- |                                     |                               |
|-------------------------------------|-------------------------------|
| 1½ cups whole-wheat flour           | 3 tablespoons butter, melted  |
| 2 tablespoons granulated sugar      | 1 large egg, lightly beaten   |
| ½ teaspoon salt                     | 1 cup all-purpose white flour |
| 1 0.2-ounce packet active dry yeast | ½ cup cheddar cheese, grated  |
| ¾ cup low-fat milk, warm            |                               |

### Directions:

1. In a large bowl, mix the whole-wheat flour, sugar, salt, and yeast.
2. Add warm milk, melted butter, and egg. Beat with an electric mixer until smooth.
3. Add all-purpose flour, mixing until smooth.
4. Dough will be very soft. Cover with a clean kitchen towel and place in a warm spot. Allow to rise until dough has doubled in bulk, about 50 to 60 minutes.
5. Meanwhile, lightly spray a muffin tin with olive oil cooking spray and set aside.
6. Grease hands with a little oil. Mix in cheddar cheese into the dough.
7. Divide dough and place into prepared muffin tin. Allow to rise until dough begins to pop over the top of the muffin tin, about 50 to 60 minutes.
8. Preheat oven to 400°, then bake rolls for 15 to 20 minutes or until golden brown.

Makes 12 rolls.

**REMINDER TO SELF:** Ask parents if children have any food allergies!



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