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SAVOR LIFEMOM

HEARTY WHOLE WHEAT BUNS

Prep Time: 2 hours 30 minutes
(including proofing)

Cook Time: 20–30 minutes

Total Time: ~3 hours

INGREDIENTS

1. 6 tbsp butter
2. 1 cup milk
3. 1 cup room temperature water
4. 3 tsp instant yeast
5. 1/4 cup brown sugar
6. 4 cups white flour
7. 2 cups whole wheat flour
8. 2 tsp salt

NOTES:

These buns are perfect for juicy burgers, meaty sloppy Joe sandwiches, or hearty veggie patties.

Slice them and lightly toast for added crunch before filling.

They hold up wonderfully to sauces, cheese, and toppings, so don't be shy with your fillings.

For a sweet twist, use them as mini sandwich buns for Nutella, peanut butter, or jam.

They also make a delicious base for sliders at gatherings or picnics.

DIRECTIONS

1. In a small saucepan, combine the butter and milk and warm just until the butter starts to melt.
2. In a large mixing bowl, add the water, yeast, and brown sugar. Let the yeast mixture rest for 2 minutes.
3. Add the milk and butter mixture to the yeast mixture.
4. In a separate bowl, mix the flours and salt, then combine with the wet ingredients using a wooden spoon until just combined.
5. Knead the dough by hand for 10 minutes (or 5 minutes on medium speed if using a mixer) until a smooth dough ball forms.
6. Cover the dough and proof for 1 hour.
7. After proofing, separate the dough into 12 equal balls and let rest for 10 minutes.
8. Flatten each ball to roughly 1-inch thick rounds. Place on a parchment-lined or well-greased baking sheet, cover, and proof for another hour.
9. Preheat the oven to 375°F (190°C) and bake for 20–30 minutes, until golden brown.
10. Brush the tops with melted butter immediately after removing from the oven.