

WEIGHT NO MORESM
DIET CENTER

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DINNER ROLLS

Basic Lifestyle

Ingredients

2-1/4 cups all-purpose flour
2 TBS Splenda
1 TSP salt
1 package quick active dry yeast
1 cup hot water
2 TBS vegetable shortening
1 egg
cooking oil spray

Instructions:

1. Mix 1-1/4 cups of flour, Splenda, salt and yeast in a large bowl. Add water, shortening and egg. Beat until smooth with spoon. Stir in the rest of the flour. Mound batter in center of the bowl and let rise in a warm place for approximately 30 minutes or until double in size.
2. Spray 12 regular muffin tin cups with cooking oil spray. Stir down batter by beating 25 to 30 strokes. Spoon into muffin tins. Let rise another 20 to 30 minutes until batter rises over tops of cups.
3. Heat oven to 400°. Bake rolls 15 to 20 minutes or until golden brown.

Portion-Per-Serving Information: (Yields 12 servings)

Serving = 1 roll = 1 G