

EINKORN DINNER ROLLS (SOFT & HEARTY)



TIME REQUIRED

20 mins plus 1 hour rise time.

Cook time 20-25 mins.

Total time 1 hour 45 mins

SERVING

8-10 rolls

STEPS

- Preheat oven to 350°F.
- Line a baking sheet with parchment.
- Mix flour, baking powder, and salt.
- Stir in almond milk and maple until dough forms.
- Roll into small balls (6–8).
- Bake 15–18 minutes until golden.

INGREDIENTS

- 2 cups Einkorn flour
- 2 tsp baking powder
- ½ tsp sea salt
- 1 cup unsweetened almond milk
- 1 tbsp maple syrup
- 2 tsp coconut oil (optional for soft texture)

This recipe for no-yeast einkorn dinner rolls uses baking powder to create a quick, fluffy roll without the need for rising.

- *Unlike modern wheat, einkorn has a weaker gluten structure, so it is important to handle the dough gently and avoid overmixing. For best results, use all-purpose einkorn flour. Keep it cold. Cold milk and even cold coconut oil are essential for creating steam pockets that result in fluffy rolls.*
- *Adjust liquid carefully. Einkorn flour absorbs liquid more slowly than modern wheat. Let the dough rest for a few minutes before deciding if you need to add more flour. It should be a little sticky.*

PS

Simple, earthy, and satisfying – Einkorn brings a nutty, rich flavor and gentler gluten structure that's easy on digestion and blood sugar.