Oatmeal Knots

Vegetarian

READY IN	SERVINGS	CALORIES
45 min.	24	147 kcal

MORNING MEAL | BRUNCH | BREAKFAST

Ingredients

- [ ] 2 tablespoons butter
- [ ] 2.3 teaspoons yeast dry
- [ ] 1 large eggs
- [ ] 0.3 cup flaxseed meal
- [ ] 6.8 ounces flour all-purpose divided
- [ ] 0.5 cup honey
- [ ] 1 cup regular oats
- [ ] 1 tablespoon regular oats

- [ ] 1 tablespoon poppy seeds
- [ ] 1.5 teaspoons salt
- [ ] 1 tablespoon sesame seed
- [ ] 0.3 cup warm water (100° to 110°)
- [ ] 1 teaspoon water
- [ ] 2 cups water boiling
- [ ] 14.3 ounces flour whole wheat

Equipment

- [ ] bowl
- [ ] baking sheet
- [ ] oven
- [ ] knife
- [ ] plastic wrap
- [ ] measuring cup

Directions

- [ ] Combine the first 4 ingredients in a large bowl, and add 2 cups boiling water, stirring until well blended. Cool to room temperature.
- [ ] Dissolve yeast in 1/3 cup warm water in a small bowl; let stand 5 minutes.
- [ ] Add yeast mixture to oats mixture; stir well. Stir in flaxseed meal.
- [ ] Lightly spoon flours into dry measuring cups; level with a knife. Gradually add 3 cups whole wheat flour and 1 cup all-purpose flour to oats mixture; stir until a soft dough forms. Turn dough out onto a lightly floured surface. Knead until smooth and elastic (about 8 minutes); add enough of remaining all-purpose flour, 1 tablespoon at a time, to prevent dough from sticking to hands (dough will feel tacky).
- [ ] Place dough in a large bowl coated with cooking spray, turning to coat top. Cover and let rise in a warm place (85), free from drafts, 1 hour or until doubled in size. (Press two fingers into the dough. If indentation remains, the dough has risen enough.) Punch dough down, and let rest for 5 minutes.

- [ ] Divide dough in half; cut each half into 12 equal portions. Working with one portion at a time (cover remaining dough to prevent from drying), shape each portion into an 8-inch rope. Tie each rope into a single knot; tuck top end of rope under bottom edge of roll.
- [ ] Place each roll on a baking sheet coated with cooking spray. Cover with plastic wrap coated with cooking spray; let rise in a warm place (85), free from drafts, for 30 minutes or until doubled in size.
- [ ] Preheat oven to 40
- [ ] Combine 1 teaspoon water and egg in a small bowl; brush egg mixture over rolls.
- [ ] Combine 1 tablespoon oats, poppy seeds, and sesame seeds; sprinkle evenly over rolls.
- [ ] Bake at 400 for 15 minutes or until golden. Cool on wire racks.

Nutrition Facts

PROTEIN **11.43%** FAT **17.23%** CARBS **71.34%**

Properties

Glycemic Index:13.72, Glycemic Load:8.3, Inflammation Score:-3, Nutrition Score:7.681739234244%

Nutrients (% of daily need)

Calories: 146.55kcal (7.33%), Fat: 2.93g (4.5%), Saturated Fat: 0.89g (5.59%), Carbohydrates: 27.28g (9.09%), Net Carbohydrates: 24.23g (8.81%), Sugar: 5.97g (6.63%), Cholesterol: 10.26mg (3.42%), Sodium: 158.74mg (6.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.37g (8.74%), Manganese: 0.95mg (47.65%), Selenium: 15.47µg (22.11%), Vitamin B1: 0.23mg (15.33%), Fiber: 3.04g (12.17%), Phosphorus: 106.18mg (10.62%), Magnesium: 39.63mg (9.91%), Folate: 33.22µg (8.3%), Vitamin B3: 1.54mg (7.72%), Iron: 1.38mg (7.69%), Copper: 0.14mg (7.19%), Vitamin B2: 0.1mg (5.94%), Zinc: 0.82mg (5.48%), Vitamin B6: 0.1mg (4.84%), Potassium: 110.22mg (3.15%), Vitamin B5: 0.27mg (2.72%), Calcium: 24.44mg (2.44%), Vitamin E: 0.2mg (1.34%)