Whole Wheat Burger Buns Recipe (Homemade)



This is the best whole wheat burger buns recipe. These homemade hamburger buns were easy to make at home. I really enjoyed while making these buns at home, the whole house smells like bread factory. They turned out really great and they are healthy with the addition of whole wheat flour.. The buns browned nicely and are very soft, light and fluffy. I have made these several times. As my husband said big NO to store bought buns. By making hambuger buns at home, you can make quick breakfast like bun butter and jam or if you have frozen veggie patty or blackbean patty, you can make very fast

dinner for your family..Also check my whole wheat bagels, whole wheat sandwich bread recipe, bread machine whole wheat bread recipe. Try this whole wheat burger buns recipe at home and enjoy



How to make whole wheat burger buns recipe (Homemade)

Homemade Whole Wheat Hamburger Buns Recipe



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Prep time
2 hours 30 mins
Cook time
20 mins
Total time
2 hours 50 mins

Whole Wheat burger buns recipe are very easy to make, healthy and are delicious in taste. You can make quick breakfast or dinner with homemade buns.

Author: Gayathri Ramanan
Recipe type: baking
Cuisine: American
Serves: 6

Ingredients

- 2 Cups of Whole Wheat Flour
- 1 Tsp of Instant Yeast
- ½ Cup of Warm Water(120F)
- ¼ Cup of Warm Milk(120 F)
- 1 Tsp of Flaxseed Powder
- 2 Tbsp of Vegetable Oil
- 1 Tbsp of Honey / Sugar
- ½ Tsp of Salt
- 1 Tbsp of Milk to brush
- Sesame Seeds

Instructions

1. In a mixing bowl, add yeast, milk, water, oil, honey and

salt, stir well. To that add wheat flour and flax seed powder, mix it well. Start kneading with hand until you get soft, smooth dough.
2. Place this dough in a oil greased bowl. Let the dough rise it for 1 and ½ hour or until it doubled.
3. Punch the dough and divide into equal pieces.
4. Shape each pieces into bun shape.
5. Place this on parchment paper lined baking sheets.
6. Let it rise for another 1 hour.
7. Preheat the oven to 375 F.
8. Brush the buns with milk and sprinkle some sesame seeds on top.
9. Bake it for 20 mins at 375 F or until golden brown.
10. Cool it on wiring rack.
11. Homemade whole wheat hamburger buns are ready.

Notes
store it in airtight container for 3 days.
If you don’t have instant yeast, use active dry yeast. For that, you need to dissolve in warm water for 5 minutes and then mix it with flour.
If you eat egg, add 1 egg instead of flax seed.
For garnish, you can use oats in place of sesame seeds.



Tags: whole wheat burger buns, burger buns recipe, homemade burger buns recipe, how to make hamburger buns at home, homemade whole wheat burger buns recipe, how to prepare whole wheat buns at home, bun recipe, wheat bun recipe, eggless baking.