



Makes about 16 sandwich thins

Preparation Time: 30 minutes

Cook Time: 2 hours

INGREDIENTS:

¾ cup unsweetened, unflavored plant-based milk

1¼ cups white whole wheat flour, plus more for dusting

1½ teaspoons date paste or pure maple syrup

1¼ teaspoon active dry yeast (½ of a 0.25-oz. package)

½ teaspoon baking soda

1½ teaspoons lemon juice

¼ teaspoon sea salt (optional)

½ cup oat bran

Homemade Whole Wheat Sandwich Thins

For delicious burgers and sandwiches, it's crucial to find the perfect ratio of fillings to bread. These homemade whole wheat buns are tender and tasty without being too heavy. Ideal bookends for savory [veggie burgers](#), [no-tuna salad sandwiches](#), or any of our other [vegan sandwich recipes](#), you'll want to keep a fresh batch of these on hand for easy weekday lunches. For easy freezing, cut several pieces of parchment or waxed paper the size of a slice of bread. Place a piece of paper between each slice and freeze in an airtight container.

By Darshana Thacker Wendel

- 1 Heat milk until hot but not boiling (120°F to 130°F). Pour hot milk into a food processor fitted with a dough blade or a stand mixer fitted with a dough hook. Add ¼ cup of the flour, the date paste, and yeast; stir to combine. Cover and set aside in a warm place at least 10 minutes or until frothy.
- 2 In a medium bowl combine the remaining 1 cup flour, the baking soda, lemon juice, and salt (if using). With the food processor or mixer running on low speed, gradually add flour mixture to milk mixture. Once the mixtures are combined, gradually add the oat bran.
- 3 If using a food processor, process dough on low speed 3 to 5 minutes or until smooth and elastic; if using a stand mixer, mix on low speed 5 to 7 minutes.
- 4 If using a food processor, dust the bottom of a large bowl with flour and transfer dough to bowl. If using a stand mixer, leave the dough in the mixer bowl. Cover bowl with a damp cloth and set aside in a warm place about 1 hour or until dough doubles in size.
- 5 Preheat oven to 375°F. Line two baking sheets with parchment paper; dust lightly with flour. Transfer dough to a lightly floured work surface and knead a few times. Divide dough into two equal portions.
- 6 Roll one dough portion into a ball and use a rolling pin to roll dough out to a nearly ⅛-inch-thick sheet. Use a 4-inch round cutter or rimmed lid to cut out eight disks. Transfer disks to the prepared baking sheets. Add any remaining dough scraps to second dough portion and repeat.
- 7 Poke each disk several times with a fork. Cover with a damp cloth and set aside in a warm place about 30 minutes or until doubled in size.
- 8 Bake 10 to 12 minutes or until lightly browned on top. Let sandwich thins cool on a wire rack.