

# Crescent Rolls

Serves 48

## Ingredients:

2 cups skim milk  
½ cup granulated sugar  
2 teaspoons of salt  
1 envelope of dry yeast  
3 tablespoons warm water, 105 to 115 degrees  
¼ cup reduced fat margarine, melted  
1 whole egg  
6 cups unbleached flour

## Directions:

In a one-quart saucepan, heat milk almost to the boiling point. Add sugar and salt. Cool to lukewarm. In a mixing bowl, dissolve yeast in warm water.

Add milk mixture, margarine, egg, and three cups flour. Mix until smooth. By hand, stir in remaining flour until it is well blended.

Cover and refrigerate several hours or overnight. Dough will be very sticky. Add enough extra flour to make the dough soft. Then, punch down dough and divide into thirds. Roll each third into a twelve-inch circle. Cut each circle into sixteen pie-shaped wedges. Roll each wedge into a crescent shape.

Place on prepared baking sheets. Cover and let them rise in a warm place until they are double in size. Bake in a 375 degree oven for 15 minutes, or until golden brown.

## Nutrition Facts:

Calories	68
Fat	1 gram
Cholesterol	5 milligrams
Sodium	102 milligrams

Courtesy of [low-fat-recipes.com](http://low-fat-recipes.com) and [applesforhealth.com](http://applesforhealth.com)