

BREAKFAST SPELT BUNS

Easy Old Fashioned Recipe

Ingredients

500g wholewheat spelt flour
220g warm water
40g olive oil
40g fresh east
1tsp salt, pinch of sugar
1 egg for brushing
sesame seeds, pumpkin seeds, sunflower seeds

1. Preheat the oven to 350F. Line a baking tray with lightly greased parchment paper.
2. Put all ingredients into mixing bowl and using your hands knead the dough until comes away from your hands (about 5 minutes). You can use electric mixer to do the job for you.
3. Divide the dough into 8-10 pieces and roll each one into a ball. Flatten them slightly and place them on the tray. Brush the tops with beaten egg, sprinkle over your favorite seeds and add them straight into the hot oven. Bake for 28-30 minutes. By that time they should look golden brown and sound hollow when tapped.

