

Savannah's organic spelt / oat buns

24 pieces divided into 2 baking trays

- ½ pk of living yeast or equivalent of dry yeast
- 1100+ ml of cold water
- 1 tsp salt with top
- 40 g oatmeal
- 2 tsp agave syrup
- 4 tbsp olive oil
- 100 g of broken rye kernels
- 1000 g spelt flour
- 250 g oatmeal, gluten free

Stir out yeast in cold water. Add salt, oil, syrup, oatmeal and rye kernels, and stir. Add flour and knead the dough thoroughly so that it becomes pliable and smooth. It should be a fairly linden dough. Cover the bowl and refrigerate overnight.

The next day, turn on the oven at 210 degrees hot air. Dip the tbsp in cold water and make buns with it – 12 pieces directly on baking paper on each baking tray.

Bake the buns in the center of the oven for 12-15 min. They should simply be golden and sound hollow when you knock on the bottom of them after baking = fully baked. Let them cool on a wire rack before enjoying.

Freeze those that you are not going to eat within the next 1-2 days.

Enjoy them heated up.

Savannah

www.omahara.com