



INGREDIENTS



- 200g oats
- 200g wholemeal flour
- 200g wheat bran
- 200g rye flour
- 250ml milk
- 1 tablespoon rapeseed oil
- half a packet of dry yeast

METHOD



- 1 Put all the ingredients into a bowl and knead into a dough.
- 2 Place somewhere warm, cover with cloth and wait for the dough to double in volume.
- 3 Knead again and roll out. Cut into bone shapes with a biscuit cutter.
- 4 Cover and leave to rise for another hour.
- 5 Bake the biscuits for 20 minutes at 220 degrees, then for another 45 minutes at 160 degrees.
- 6 Allow to cool on a wire rack and then spread on a topping of your choice.