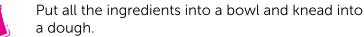


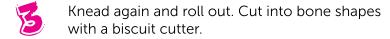
INGREDIENTS

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

METHOD



Place somewhere warm, cover with cloth and wait for the dough to double in volume.



Cover and leave to rise for another hour.

- Bake the biscuits for 20 minutes at 220 degrees, then for another 45 minutes at 160 degrees.
- Allow to cool on a wire rack and then spread on a topping of your choice.



