

Training Rolls

Ingredients:

20 servings

4 cups all-purpose flour	2 cups warm milk (not too hot!)
1 ½ cup rye flour	2 ½ tbsp canola oil
2 tbsp salt	1 ½ cup raisins
¼ yeast	1 egg
3 tbsp brown sugar or honey/syrup	1 tsp bread spice

Directions:

- 1 Mix flours and spice in a big bowl. Add the salt.
- 2 Add yeast to milk and stir. Once it's dissolved, add the oil. Add that to the flour mix. Mix well to get a tender dough.
- 3 Mix in raisins and leave to sit for approx. 60 mins.
- 4 Mould dough into a rectangle. Divide it in half and then cut into 10 portions each. Put them on a baking sheet. Brush the rolls with the egg wash.
- 5 Bake at 190°C for 15-20 minutes.

Tip: Substitute apples or banana for raisins.

Add nuts or seeds to your rolls (slows digestion, increases calorie content).

Nutrition (per serving):

Energy	179 kcal
Fat	3.1 g
Carbohydrates	32.2 g
Fibre	1.7 g
Protein	4.6 g
Sodium	716 mg