

Quick Wholemeal Rolls

Ingredients

- 12 rolls -

Dough:

150 g Greek yoghurt
50 ml milk
30 ml oil
50 ml water or carbonated water
½ tsp salt
300 g wholemeal flour
2 tsp backing powder

Topping:

sunflower seeds
sesame seeds
poppy seeds

Preparation

Mix the dry ingredients together.
Stir in the combined liquid ingredients.
Form 12 rolls and top with seeds to your liking.
Bake at 190 °C for 20 – 25 min.
Rolls should be golden brown.