

BUNS WITH CARROTS AND SEEDS

INGREDIENTS

- 12 gr. Yeast
- 5 1/2 dl cold water
- 15 Gr. Salt (pink Himalaya salt is recommended)
- 150 Gr. whole wheat flour
- 450 Gr. wheat flour
- 75 Gr. Sunflower seeds
- 75 Gr. Linseed
- 3 grated carrots

INSTRUCTIONS

1. Dissolve the yeast in the water
2. Add the salt
3. Add the flour and mix it carefully for 1-2 min (use an electronic mixer like in the picture below)
4. Add the seeds and grated carrots and let it all knead until the dough let go of the bowl (takes approx 10-12 min)
5. Let it rise on the kitchen counter for half an hour and after cover the bowl with wrap and put it in the fridge for 4 hours or more until it has risen enough.
6. Preheat the oven to 230 degrees on hot air
7. Carefully pour the dough onto a floured table
8. Carefully divide the dough into 12 buns, simply just by using a baking spatula and place them on a baking tray covered with baking paper.
9. Bake in the oven for approx. 20 min