

*Cooking tip*

Once cooked, the rolls can be frozen for another occasion, even as a takeaway option.

You can also add grated carrot to the mixture to provide more vitamins without changing the flavour.



## Soft bread rolls with milk

This is a delicious recipe, rich in vitamins and fibre.

### Ingredients

50 grams of oatmeal	1/2 teaspoonful of baking powder
1 egg	5 level tablespoonfuls (25 g)
1/2 apple	Blevit Plus Cereals
50 millilitres of water	1 spoonful of olive oil

### PREPARATION

1. Peel and dice the apple.
2. Add the apple, egg, baking powder, oatmeal, Blevit Plus Cereals, and the water to the blender.
3. Blend the mixture until a smooth texture is obtained.
4. Add a spoonful of olive oil to a frying pan at medium heat and add a tablespoonful of the mixture at a time, forming circles.
5. Flip the bread rolls until they are cooked on both sides.
6. Serve with hummus, turkey, chopped banana, fruit purée or the topping of your choice.

\* This recipe can be made with different varieties of Blevit cereals.

### Nutritional value (per serving)

Energy value: 267.94 Kcal; Protein: 8.78 g; Carbohydrate: 32.72 g; Fat: 10.96 g