Bread Rolls

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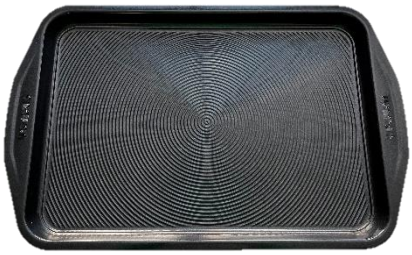
Per roll

	ENERGY 756KJ/178kcal	11%
	FAT 0.6g	1%
	SATURATES 0.1g	1%
	SUGARS 0.2g	1%
	SALT 0.5g	8%

% of an adults reference intake
Typical values per 100g: Energy 945KJ / 223kcall

Bread Equipment (4 Rolls)

Large Bowl	Measuring Jug
Fork	Clean Tea Towel
 Baking Tray	Weighing Scales

Bread Ingredients (4 Rolls)

Strong white flour (200g)

Strong wholemeal flour (50g)

Yeast (7g sachet)

Warm water (150ml)

Salt (1/2 tsp)

Bread Rolls Recipe

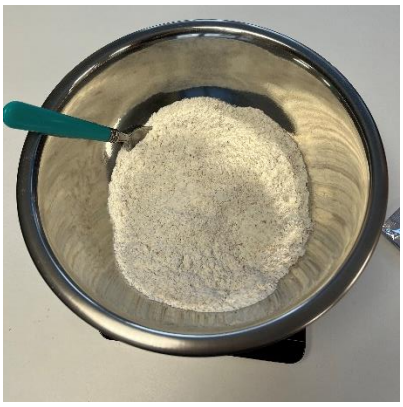
①

Get all of your ingredients and pre-heat the oven to 200°C

②

Put both types of flour in a bowl

③



Mix in the yeast

④

Make a well in the middle

⑤

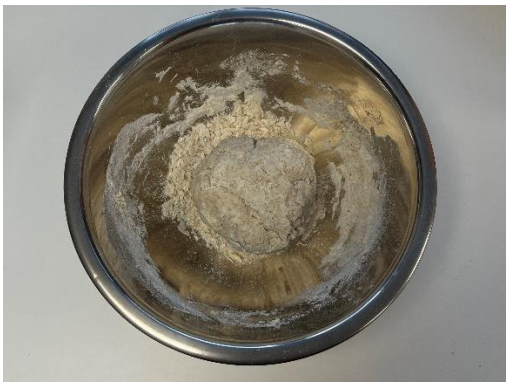
Pour the water into the well

⑥

Mix together with a fork

Bread Rolls Recipe

⑦



Use your hands to make a ball of dough

⑧

Place dough on a floured surface

⑨

Knead the dough for 10 minutes

⑩

Divide the dough into 4 balls

⑪

Cover with a tea towel and leave in a warm place for 30 minutes

⑫

Bake for 15 minutes

Bread Rolls Recipe

⑬

Let cool and enjoy!