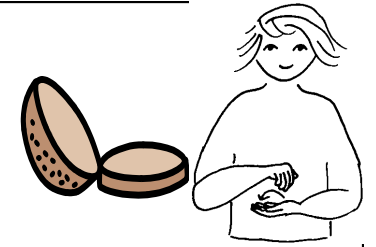




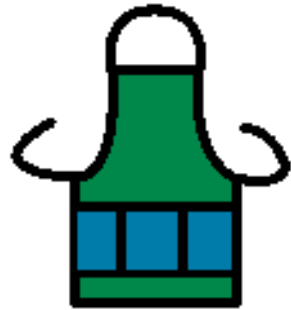
Smábrauð með lyftidufti



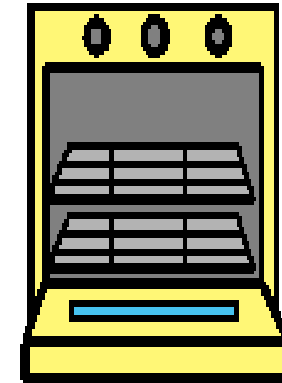
1



Þvo hendur

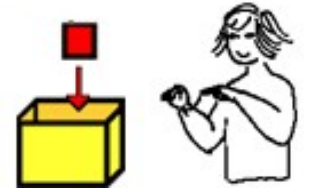
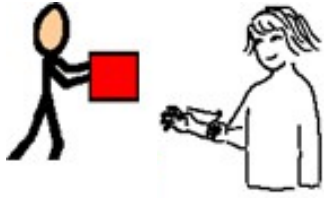


Fara í svuntu



Kveikja á ofninum

Stilla hitann á 180



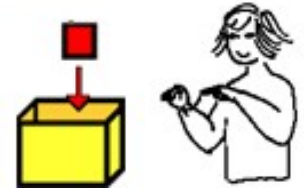
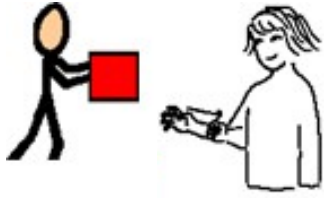
2



5 dl hveiti



Mælið hveiti
í skál.



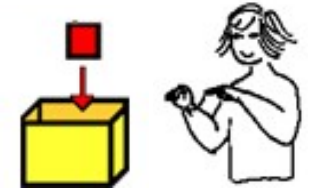
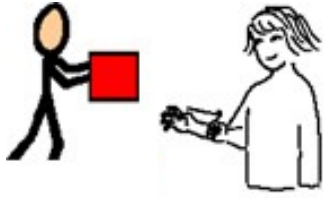
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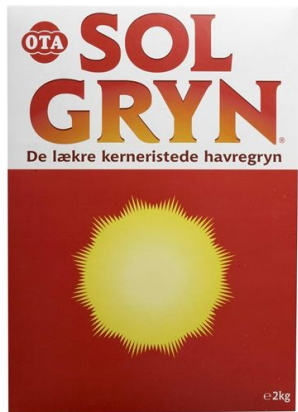
2 dl heilhveiti



Mælið heilhveiti og setjið í skálina.



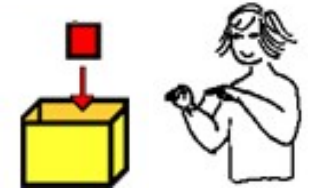
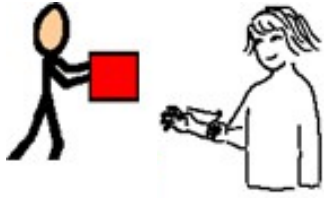
5



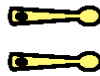
1 dl haframjöl



Mælið haframjöl og setjið í skálina.



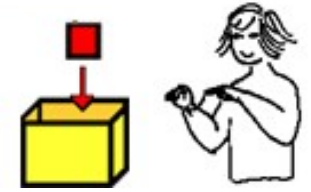
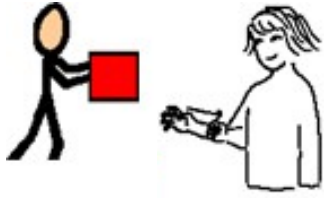
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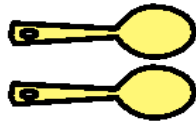
2 tsk púðursykur



Mælið púðursykur og setjið í skálina.



7

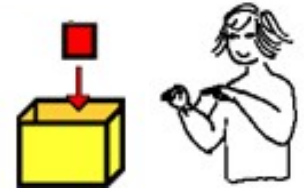
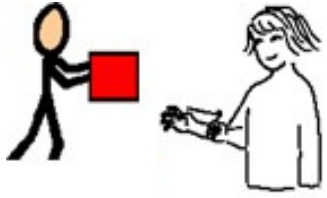


2 msk lyftiduft



Mælið lyftiduft og setjið í skálina

Blandið öllu vel saman.



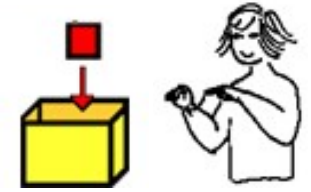
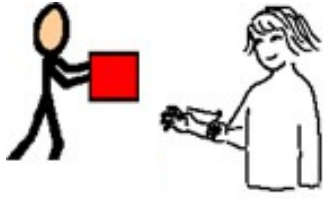
8



2 ½ dl mjólk



Mælið mjólk og setjið saman við.



9

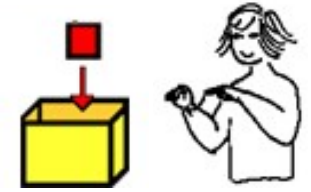
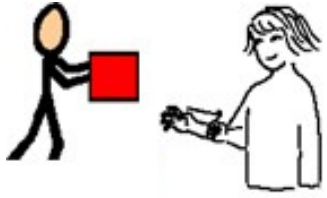


2 ½ dl súrmjólk

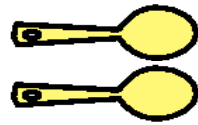


Mælið súrmjólk og setjið saman við.

Hrærið öllu vel saman.



2



2 msk matarolía

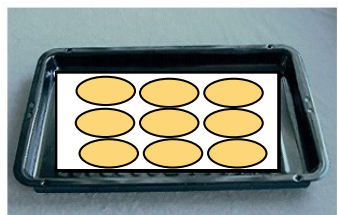


Mælið olíu og setjið saman við.

Hrærið öllu vel saman.



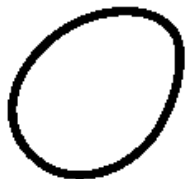
10



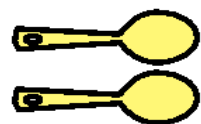
Mótið í hæfileg smá-
brauð og raðið á plötu



egg



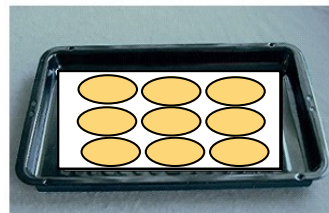
Eitt egg



2 msk mjólk



Hræra saman



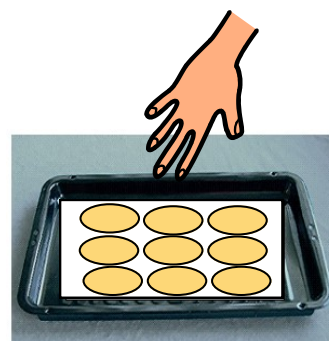
Penslið eggja hræru á brauðin



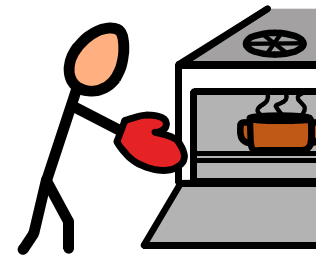
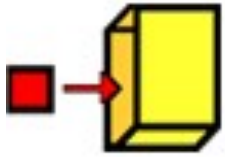
10



Sesam fræ



Stráið sesamfræi
á brauðin



Setja plötuna í ofninn baka í 20 mín.

11



Borða með osti eða öðru
áleggi

Áhöld

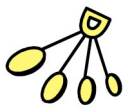


Skál

Sleif



Desilítramál



Mæliskeiðar



Ofnplata



bökunarpappír



Bökunarpensill

Hráefni



Hveiti



Heilhveiti



Haframjöl



púðursykur



Lyftiduft



Mjólk



Súrmjók



Olía



Sesamfræ



egg

Egg

Myndir af táknum í tákni með tali eru fyrir aðstoðarmanninn,

Sá sem notar tákni með tali getur yfirleitt ekki lesið táknið af mynd