

Brown Buns

Aunt Isolde Zubot

Beat well with beater the following: 1 egg, ½ cup molasses, ½ cup canola oil, 5 or 6 cup water (substitute 1 cup for milk), 2 tsp salt, and 1 tblsp vinegar.

5 cup white and 5 cup brown flour and 1 cup mixed grain flour and some sunflower seeds. Add 1 heaping tblsp fermipan yeast to flour.

Add flour mixture to above mixture and beat well or use dough hooks (attachment on food processor).

Put in greased bowl and let rise ½ hour in warm plate. Form buns. Let rise 50 minutes. Bake 30 min in 375°oven. Keep

dough fairly moist. Makes 48 buns – 12 to a sheet.