

# Soft Spelt & Cottage Cheese Rolls

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## Ingredients

- 300 g (2½ cups) wholegrain spelt flour
  - 3 eggs
  - 5 teaspoons baking powder
  - 1 pinch of salt
  - 200 g (7 oz or ¾ cup) cottage cheese
  - 80 ml (⅓ cup) milk (dairy or plant-based)
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## Instructions

1. In a large bowl, whisk eggs, milk, cottage cheese, and salt together.
  2. In a separate bowl, mix flour and baking powder. Gradually add to wet ingredients and stir until combined. Dough will be soft and slightly sticky.
  3. Let rest for 10–15 minutes while preheating oven to 170°C (340°F). Line baking sheet with parchment paper or silicone mat.
  4. Divide dough into 8 equal portions. Shape into rolls and place on the baking sheet.
  5. Bake at 170°C (340°F) for 30–35 minutes, until golden on top and soft inside.
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## Seasonal Variations & Serving Ideas

**Spring:** Add chopped wild garlic or chives to the dough. Serve with herbed goat cheese or light vegetable soup.

**Summer:** Mix in grated zucchini (squeeze out moisture). Serve with hummus or avocado spread.

**Autumn:** Fold in mashed pumpkin or grated carrot. Pair with roasted beetroot spread, cream cheese with herbs, or honey and walnuts.

**Winter:** Stir in caraway or cumin seeds. Serve warm with garlic butter or alongside hearty soups and stews.

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**Kid-Friendly:** Serve plain, with nut butter, yogurt, or vegetable purées for dipping.

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