



SONS of NORWAY



Oct. 2022

Walworth County, WI

Norsemen of the Lakes 5-650

It's autumn again, my favorite time of year. This month, we are back to having our traditional meeting at the Credit Union in Elkhorn. The program this month will be a report on our trips to the Viking Ship as well as the Viking Festival (see below). I hope you enjoy them.

There are a lot of things to do this month. I will be attending the Adult Heritage Weekend in Spring Grove, MN. So I guess I'll report that event to you in November.

VP Kathy Norquist and I are looking for a venue for the Christmas celebration. It seems to be a little difficult this year. If you have any suggestions, please contact me and give me some suggestions.

It is lutefisk season again. The Dist. 5 website has a calendar that lists all dinners that have been reported to the webmaster. I will also try to keep you updated when and where they will be held. It's a great opportunity to have great food and companionship with others who share the same culture.

Norsemen Outings

Five of us went on the trip to see the Viking Ship outdoor museum in Geneva, IL. It was a beautiful day, full of sunshine and great company. Karen Hakes, Kathy Norquist and I took two new people who were interested in the trip. One was Lynne, a friend of Kathy Norquist's who spends the winters in FL. The other was Mary Rose from Lake Geneva. She isn't Norsk but was interested in going and really enjoyed the day as did we all.

The next weekend, I traveled to the University of Green Bay to explore the Viking Festival. It was the third one they have displayed. It was very interesting, and especially educational. I took about 50 pictures, and I will show them at the meeting in October. Hopefully it will interest you enough to travel their next year and see for yourself. I'll include one picture of each event to whet your appetite.



Gratulerer med dagen

October Birthdays

Ginny Andersen	3rd
Marjorie Christenson	8th
Grace Henderson	24th
Jane Roberts	27th

INSIDE THIS ISSUE

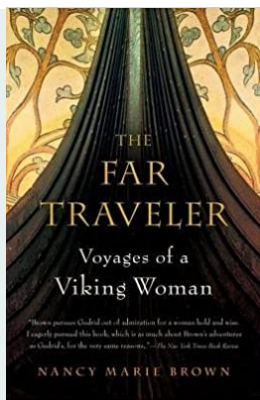
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CALENDAR

Next meeting:

October 11th at the Advia
Credit Union
837 No. Wisconsin St.
Elkhorn, WI

We will enjoy a pot luck
supper, so bring your favor-
ite dish.



by Nancy Marie Brown

Five hundred years before Columbus, a Viking woman named Gudrid sailed off the edge of the known world. She landed in the New World and lived there for three years, giving birth to a baby before sailing home.

Or so the Icelandic sagas say. Even after archaeologists found a Viking longhouse in Newfoundland, no one believed that the details of Gudrid's story were true.

Then, in 2001, a team of scientists discovered what may have been this pioneering woman's last house, buried under a hay field in Iceland, just where the sagas suggested it could be.

Joining scientists experimenting with cutting-edge technology and the latest archaeological techniques, and tracing Gudrid's steps on land and in the sagas, Nancy Marie Brown reconstructs a life that spanned—and expanded—the bounds of the then-known world. She also sheds new light on the society that gave rise to a woman even more extraordinary than legend has painted her and illuminates the reasons for its collapse.

Available in book form at the WI Library System. You will also find *The Saga of Gudrid: The Far Traveler* by Brown.

Scandinavian 'Socialism': The Truth of the Nordic Model

August 3, 2020 by Andrew McKay

Global media (especially in the US) likes to portray Norway and Scandinavia as socialist. But "cuddly capitalism" is a much more accurate term. Let's take a look at the truth of the Nordic model.

Depending on where you get your political news, you've probably heard of Scandinavian socialism as either the beacon of hope for the world or the worst thing imaginable. So, which is it?

The truth, as always, is a little more complicated than a simple good or bad. All systems have positives and negatives and Scandinavian countries are no exception. One thing's for sure though, many commentators have clearly never set foot in the Nordic region and barely understand the Nordic way of doing things. So let's set a few things straight!

Is Scandinavia socialist?

Actually, to start with, what do we mean by socialism?

Socialism is a political, social, and economic philosophy encompassing a range of economic and social systems characterized by social ownership of the means of production and workers' self-management of enterprises.

That's pretty much what Marx and Engels came up with in the 19th century. If you're looking for a country that matches this definition, your search won't take you to northern Europe. **The simple fact is that Scandinavian countries are not, by any reasonable definition, socialist.**

In 2015, in fact, the Prime Minister of Denmark, in a lecture at Harvard's Kennedy School of Government, addressed the issue directly. *"I know that some people in the US associate the Nordic model with some sort of socialism. Therefore, I would like to make one thing clear. Denmark is far from a socialist planned economy. Denmark is a market economy."* Yet the idea persists. So what exactly do people mean when talking of Scandinavian socialism?

Social democracy explained

Scandinavia and the Nordic countries can be best described as social democracies. Effectively, they're democratic countries in which its citizens are well cared for. Some refer to this as democratic socialism, though this is far from correct. Some economists refer to it as "cuddly capitalism", contrasting with what is seen as "cut-throat" capitalism in other Western countries.

While the Scandinavian countries are in many ways very different, they share a lot of common history. The styles of government aren't identical either, but they do share some common features. The ways in which they're similar are enough that we can talk about them collectively – scholars call this the Nordic Model.

Firstly, they are all free-market capitalist countries. This fact gets missed by a lot of people, but their economies are fully open and trade globally like most countries in the world. The way they differ is mostly in their welfare state. Social security in Scandinavia is more generous than pretty much anywhere else. Why? Well for that we need to delve into the history books.

The grand compromise

The Nordic Model traces its origins back to a 1930s compromise between workers and employers. It was spearheaded by farmers—which was how most people in the region, and indeed most of the world, made their money back then—and the workers parties that represented them. The key feature of the Nordic Model is the social partnership. That's centralized coordination of wage negotiation and rights between employers and workers.

Agreements such as the Danish Kanslergade Agreement in 1933 and the Swedish Saltsjöbaden Agreement of 1938 set out a means for employers and unions to bargain on matters such as wages. In addition, both employers and workers have a framework to lobby the government to come to an arrangement on legislation affecting employment in terms of conditions and regulation.

One outcome of this, that certainly diverts from the left-wing playbook, is that there is no national minimum wage in Sweden, Denmark or Norway. Instead, each sector has



wages negotiated according to what the job is actually worth. Looking across the board, the average minimum wage in each country tends to be much higher than those that are mandated by other governments that have taken a blanket approach.

The Nordic model has its roots in history

Aspects of the Nordic Model

We can characterize the model as a number of key points:

- Generous social safety net and public pension system with well-funded public services in a relatively high-tax economy
- Strong property rights and contract enforcement coupled with an overall ease of doing business
- Free trade combined with collective risk sharing, allowing the benefits of globalism while protecting against many of the risks
- Low levels of regulation on product markets
- Low levels of corruption – in 2015 five of the top ten spots were taken by Norway, Sweden, Denmark, Finland and Iceland in the Corruption Perceptions Index
- High levels of unionisation – 51% in Norway up to 88% in Iceland compared with the levels of 18% in Germany, 11% in the US and 8% in France
- A partnership between government, businesses and unions leading to everyone feeling invested in a system that works well for all
- A relatively high personal tax burden. At 45.9%, Denmark has one of the highest tax burdens in the world. Tax rates are also fairly flat so even medium and lower income households pay relatively high levels of tax compared with the progressive systems in most Western countries

Perhaps the most important factor in all of this is the two-way trust between the government and the population. The government trusts the people and gives them the freedom to do what they feel is right. In turn the people trust the government to act according to the national interest.

So we've looked at what the model is, and it all sounds great, right?

Employees are well looked after and paid well for their work. The unemployed are also well looked after and supported in their attempts to find work. Retirees are thanked for their years of service with a generous pension. Taxes are high but so are wages. For the most part, people can afford whatever they need.

So everyone's a winner, right? Well, there are a few issues to cover, too.

An ageing population could put a strain on the Nordic welfare model

Problems with the Nordic Model

A few problems arise from the Nordic model that are inevitably going to cause changes over the coming years. The post-war Baby Boom produced a large generation that's currently retiring or retired. This was then followed by a decline in the birth rate caused by more people working longer and thus having fewer children.

Populations are getting larger but the percentage of people working and paying taxes is in a slight decline. This is not unique to the Nordic countries – it's a problem that every country is facing. Current projections are that by the end of this century the global population will have started decreasing. Economists are not sure how to solve this problem, but they all agree it needs to be solved.

Another problem, arising from the region's pro-globalization stance, is that as economies in the East and in South America grow, they will continue to take on more and more jobs as their labor markets will operate more cheaply than they do in the West. The Nordic countries are slightly shielded from this by their investment in R&D that allows the countries to excel in more technical fields.

What about Norwegian oil and the Wealth Fund?

It's true that Norway has a higher degree of state-ownership of "the means of production" than most countries, thanks to its oil economy and the state-owned energy company.

It's important to note that even though it's majority-owned by the government, Equinor is run as a for-profit concern in the same way as other non-state oil companies around the world. The government is effectively a major shareholder that leaves decision-making to the board.

As for the Sovereign Wealth Fund, it's certainly true that having a massive amount of money in reserve helps back up a generous welfare state, and it's not an option for most countries. It's also true, however, that the SWF is mostly a fund for the future. It might help ease the transition to an older population and the outsourcing of labor but for now, it's not the reason that makes the Nordic Model work in Norway!

Scandinavian "exceptionalism"

Another thing that detractors of the Nordic Model like to point to is that the system might actually be getting in the way of the people. Maybe it's not the Scandinavian systems that are working well, but the people themselves. Looking at Scandinavian Americans shows that their productivity is higher than average, their wages are higher than average and, because taxes in the US are lower, they get to keep more of the money than their homeland counterparts!

The argument, therefore, is that if Scandinavian countries adopted a more US-style of capitalism with smaller government, they would be even more productive and richer.

There could, of course, be many reasons for this. It's clear that the Scandinavian people share a high, productive work ethic. It's impossible to put this down to simple genetics. It could well be that this is fostered by the system that made them.

Proponents of the Nordic Model would argue that productivity and economic growth are not necessarily the be all and end all of society. This is probably best indicated by one of the most confounding aspects of Scandinavian societies – happiness!

Scandinavian people are Happy people

The World Happiness Report ranks countries according to how happy their citizens say they are. It's the most reliable and reproduceable estimate of happiness. Every year, half of the top ten is taken up by Norway, Sweden, Denmark, Iceland and Finland.

There's no doubt that Scandinavians are happier with their lives than most of the rest of the world. In spite of high taxation, relatively cold weather and longer darker winters they're happy people. It's not due to the fact that they're "born happy" either. Surveys of immigrants shows comparable levels of happiness to the native population.

The report puts it mostly down to the fact that there's high trust in government, low levels of corruption, low-income inequality and high feelings of personal freedom. In other words, the things that many countries are pursuing are direct results of the Nordic Model.

So could countries around the world reproduce these levels of happiness simply by adopting the Nordic Model? Probably not. Or at least, it wouldn't be easy.

The virtuous circle

Nordic countries foster a kind of virtuous circle. High levels of trust in the government aren't necessarily caused by low-corruption and low corruption is not necessarily caused by high levels of trust in the government. Instead, they feed into each other and the other factors, to create a virtuous circle – everyone's happy and everyone trusts everybody else to keep doing whatever they need to do to keep things happy!



Glass Key Award: The Best of Nordic Crime Novels

September 25, 2022 by David Nikel

Scandinavia's most prestigious crime writing award is a great place to discover some of the best literature from the region. Here's what you need to know about the Glass Key Award.

Without a doubt, crime is the best-loved literary genre in Scandinavia and the Nordic region. Walk into any bookshop and the genre will dominate the shelves. Crime writers are household names across the region. Scandinavian crime fiction, or Nordic noir, has found a massive fan base around the world. Many authors such as Jo Nesbø have found success through translations into English, German and many other languages.

But knowing where to dive into a genre is tough. We've previously written about the best Norwegian crime novels available in English. But if you want to try out crime fiction writing from elsewhere in the Nordic region too, you could do worse than look to the Glass Key Award.



Introducing the Glass Key

Known in Norwegian as *Glassnøkkelen*, the Glass Key award is a literature award given every year to a crime novel by an author from the Nordic countries: Denmark, Finland, Iceland, Norway and Sweden. The award is run by members of the Crime Writers of Scandinavia (*Skandinaviska Kriminalistiska Sällskapet*). Members vote on the best book from their country to create the final shortlist.

Norwegian author Jo Nesbø has previously won the Glass Key award.

Glass Key winners

Thirteen Swedish authors have won the award. There have also been seven Danish winners, six Norwegian winners, two Icelandic winners and a sole winner from Finland. Also, there has been one Danish-Norwegian winner.

Celebrated Swedish crime writer Henning Mankell was the first winner of the award in 1992. His book *Mördare utan ansikte* (Faceless Murders) was the first in the hit Wallander series.

Swedish crime writer Henning Mankell (1948-2015) was the first Glass Key award winner.

In recent years, Swedish authors have dominated the award, winning from 2017 to 2021. This includes two wins for Camilla Grebe.

Norwegian winners of the Glass Key

Norway's Glass Key winners include a mix of international stars and those whose books have not been translated into English. The first Norwegian winner in 1994 was *Sub Rosa*, a police detective novel from Kim Småge, the pen name of Anne Karin Thorhus.

Two years later, Fredrik Skagen won the award with his book *Nattsug*, the first in a run of three consecutive wins for Norway. Karin Fossun's *Se dig ikke tilbake!* (Don't Look Back) and Jo Nesbø's *Flaggermusmannen* (The Bat)



Henning Mankell pictured here in 2009. Photo: Dr. Jost Hindersmann / Wikimedia.

were popular winners in the following two years.



Norwegian writer Karin Fossum won the Glass Key in 1997. Photo: Arild Sønstrød / Cappelen Damm.

Nesbø's title was the first in his popular Harry Hole series. Unlike much of the series that takes place in Oslo, this introductory novel was set in the underworld of Sydney, Australia. The Danish-Norwegian author Kurt Østergaard (writing as Kurt Aust) collected the Glass Key in 2004 for *Hjemløst*. It would be nine years before a Norwegian author would win again. In 2013, Jørn Lier Horst won with *Jakthundene* (The Hunting Dogs), one of the popular Wisting series. The following year, Gard Sveen's *Den siste pilgrimen* (The Last Pilgrim) won the award. At the time of writing, Sveen is the most recent Norwegian winner.

Norway's "Salmon Eye" Opens in Hardangerfjord

September 22, 2022 by David Nikel

Accessible only by ferry, the floating exhibition space is designed to inform visitors about aquaculture and the future of the seafood industry.

Eide Fjordbruk is an established salmon producer in Norway's Hardangerfjord region. The third-generation owners Sondre and Erlend Eide wanted to remember their father while creating something of value.

The result? Salmon Eye, a new floating installation and forum space that's designed to educate visitors on sustainable seafood, fish farming and the production of Norwegian salmon. Seafood is a huge success story for Norwegian industry, second only to oil and gas. The export value of salmon is twice the amount of all other fish combined. However, there are critics of some of the industry practices.

The idea for the project began in 2019. Kvorning Design's experimental plans were revealed in 2021 and the building completed in August 2022, in time for the unveiling event in the Hardangerfjord earlier this week.

Experimental design becomes a reality

Bold architectural designs are nothing new these days, especially in Scandinavia. But very few of them actually become a reality.

The basis for the design was a fisheye with a hole on top of the architecture. Based on this, the curved, floating architecture and art installation is covered in 9,500 stainless steel plates designed to imitate the appearance and color of fish scales.

Salmon Eye weighs 1,256 tons and is 25 meters in diameter. Also designed by Kvorning Design, the interior features 650 square meters of space. It's divided into four floors, one of which is underwater.

Salmon Eye as an educational space

The forum element of Salmon Eye is an immersive audio-visual space designed to inform visitors about the aquaculture of sea farming and what harms and protects the sea and its species.

Salmon is an important export industry for Norway.

According to Eide, it is designed to help visitors recognize the ocean as an important food source, educate them on seafood practices of today and what future standards in aquaculture might look like. Planned events include talks that aim to inspire, share ideas, and discuss the importance of sustainable aquaculture with its guests.

Eide's environmental push

The Salmon Eye is undoubtedly a passion project for the brothers Sondre and Erlend Eide, the third generation in the family's business. With some critical of the environmental impact of salmon farming in Norway, Eide is hoping to change people's minds.

Eide Fjordbruk was the first fish farming company to produce carbon-neutral salmon, and the first to present environmental accounts. The company has introduced all-electric boats and facilities.

The firm will shortly unveil a new technology known as "Watermoon," which it states enables farming in the fjord and sea with no negative impact on the environment or climate.



Salmon Eye launch event in the Hardangerfjord, Photo: Kvorning Design.

Americans, especially from the Midwest, are always coming up with funny (often true) characteristics of Norwegian Americans. I thought it would be fun to take a look at how Norwegians see the same humor. Editor's note.

20 Reasons You've Become a Real Norwegian

A Frong in the Fjord Blog of Norway September 11, 2022

It isn't enough to get the citizenship. Here are signs you have become a real Norwegian!

1. You always drink water from the tap but cannot stand drinking lukewarm water. Although in your home country you would never waste water by letting it run for long minutes, here in Norway you can wait as long as it takes to get a cold glass of water. It needs to have the temperature of the glacier it just came out of.
2. When Christmas approaches, you start decorating your house for it to be visible from space. But the most important thing for you as a true Norwegian is to have more lights and outside decorations than your neighbors.
3. You have a blind trust in Norwegian authorities, and know that the tax authorities will always pay you back whatever you paid extra, with interests. So you willingly pay more taxes every year in order to get it back from the tax authorities the year after. You call it "a savings plan".
4. You are very disappointed if there are no Norwegian waffles at your work's cafeteria on any given Friday. When you first moved here you maybe had wild ideas like eating waffles with melted chocolate and whipped cream, or with lemon and sugar. But now as a true Norwegian you are so integrated that you only like them with either of these two options: rømme (cream) and jam, or brunost (brown cheese).
5. Your idea of a perfect vacation is one you spend in untouched nature, meeting as few people as possible, and peeing in an outside toilet with a picture of the King of Norway on the wall.
6. You never buy Fanta anymore but choose the Norwegian version Solo instead. Same for Kvikk Lunsj which you would always choose over a KitKat. I mean the Norwegian version tastes totally different and SO much better, am I right?
7. When crossing the street on a crosswalk, you don't look sideways for cars that may be coming. Even when crossing the road outside a crosswalk, a true Norwegian would never doubt that cars would stop to let a pedestrian cross.
8. You can spend 15 minutes explaining to someone the difference between the sound "kj" like in "kjøkken" and the sound "sj" like in "sjokolade". And another 15 minutes complaining that Norwegian youth says "sh" for everything and does not even differentiate the true Norwegian sounds anymore.
9. You never call your doctor anymore unless you are sick more than 3 days in a row. In Norway there is something called *egenmelding* which means the first three days are taken by the employee, based on trust and with no medical justification.
10. You believe that people who drink a glass of wine on a Tuesday for lunch are alcoholics, but it is completely healthy to drink until you fall on a Friday evening. That is just called having a social life.
11. You never eat a Grandiosa pizza on a plate, you eat it directly from the cardboard, that is just the original recipe.
12. You miss cross country skiing so much in the summer that you've started roller-skiing. And of course the most stressful part about climate change is that there will be less snow for cross country skiing.
13. You sleep with people on one-night stands and ignore them the next day when meeting them in town or on public transportation.
14. You honestly believe that being drunk is a valid excuse for saying and doing anything without having to be held accountable.

15. You have already developed an identity relating to Christmas food. You now know whether you are a ribbe or pinnekjøtt family. Make sure you choose that right, because that tradition will have to be respected forever, and probably also by your children.
 16. When you read the word Aass you think of a beer.
 17. You watch a Norwegian show called “Hver gang vi møtes” where singers sing each other’s songs, and cry at least once per episode.
 18. You think the Norwegian Royal family is so warm and fantastic even though they cost taxpayers a whole lot of money. But look at those cheek bones, and the nice speeches they write. It is all worth it.
 19. You and your partner switched your double duvet for a single down duvet each. Why on earth would anyone want to sleep under the SAME duvet? Even though you are married and have kids.
 20. You know at any given time whether the state monopoly shop for alcohol is open, and how much alcohol quota you are allowed to take home to Norway returning from a trip abroad. You aren’t even sure it is cheaper anymore, but it doesn’t matter; you buy the maximum of that quota every time you come back to Norway.
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Icelandic Forestry Service Asks Public for Help

Erik Pomrenke

September 27, 2022

Nature, x News

The national collection of birch seeds began last week in Garðsárreittur in Eyjafjörður. The national initiative aims to reforest 5% of Iceland in birch forests, and volunteers from throughout Iceland are invited to gather birch seeds for the project.

Over the weekend, some 50 volunteers were able to gather some one and a half million seeds. An impressive number, but around 450 birch seeds fit into one teaspoon alone.

Currently, only around 1.5% of Iceland is forested with birch. In an interview with RÚV, Kristinn H. Þorsteinsson, project director of the initiative stated: “In order to be able to cover the country and get up to 5%, we need many hands, we need the whole nation. We need individuals, companies, schools and families to help out.”

The project began in 2020 in response to the United Nations Decade on Ecosystem Restoration. Now, the goal is to reforest 5% of Iceland, equating to around 5,000 square kilometres, with birch.

Birch trees begin developing their seeds in early September, and they can be collected up through November, according to Hreinn Óskarsson, forestry expert at the Icelandic Forestry Service.

The initiative is also enlisting the help of several companies in Iceland, including Bónus and Olís, where volunteers can donate any seeds collected. Both Bónus and Olís will be accepting seed donation at all of their locations.

Seeds should be dried before being donated.



Things to do in Iceland (the simple list)

ICELAND, TRAVEL

By Misc. Editors

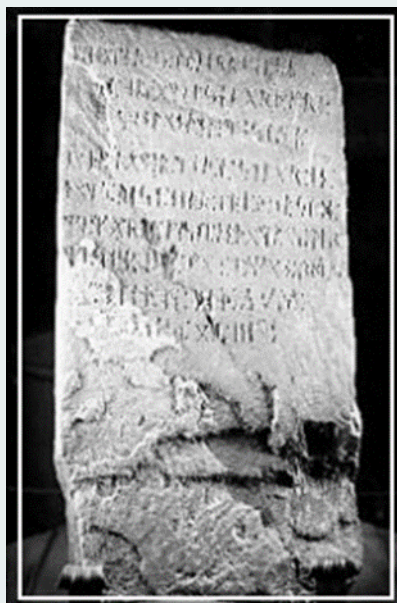
1:19 pm September 23, 2022

At *Icenews*, we like to help those travelling to Iceland and give them a list of things to do. Iceland is like a giant theme park, and even if you give yourself plenty of time, there’s always something that needs to be left undone; we hope this list helps you choose the right things to do.

- If you feel you are seaworthy, go whale watching.
- The Icelandic horse is the only one in the world with five gates. Riding them is a unique experience (you need to know your way with horses to enjoy this one).
- This one is a bit of a drive. One of the gems of Iceland is the Jökulsárlón glacier lagoon. It is magical!
- Take a dip in a natural hot pool (hot springs). You will need a 4x4 and a map to find them. If you are not ready to do that, visit one of the local geothermal swimming pools and dive with the locals.
- See if you can do some glacier hiking or ice caving.
- You must check out the Northern Lights if you are in Iceland during winter (it can also be late fall or early spring).
- Check out snorkeling in Thingvellir National Park if you are up for it. Lake Thingvallavatn (Silfra) is very clear, and you can expect the fish living in it to come by and say hello.
- Geysir (sometimes known as The Great Geysir) in Haukadal and those around it are well known. However, fewer visit Gunnuhver Hot Springs and the UNESCO-listed Reykjanes Peninsula and Reykjanes Geopark (the Blue Lagoon is not far away).

The Kensington Runestone

[About – Runestone Museum](#)



The Runestone and the enduring mystery of its origin continues to be the hallmark of the Runestone Museum. This intriguing artifact was discovered in 1898, clutched in the roots of an aspen tree on the Olof Öhman farm near Kensington, MN (15 miles southwest of Alexandria). The Runestone has led researchers from around the world and across the centuries on an exhaustive quest to explain how a runic artifact, dated 1362, could show up in North America.

The discovery of the Kensington Runestone changed the life of Olof Öhman and his descendants forever.

To this day, anyone who visits the museum will recognize instantly that there is something unusual about this artifact, and the question of its authenticity has been a lightning rod for debate. For more than 100 years, scientists, geologists, and linguists have studied the stone in an effort to offer a conclusive answer to the question of the Runestone's authenticity.

As you travel around this part of Minnesota, notice that many businesses use the Runestone or the Viking as an identifying symbol. You will begin to understand just how far-reaching this saga is. Indeed, the name for the National Football League's Minnesota Vikings is a direct outcome of the fame of the Kensington Runestone.

When you are in Alexandria, don't miss the opportunity to see the Kensington Runestone at the heart of the Runestone Museum.

A short drive from the museum will take you to the Kensington Park, the site of the Ohman farm. Walk the hills of this beautiful Douglas County Park to see the very place where Olof Ohman found the stone. An effort is now underway to gain a new perspective on this chapter of the saga. Visit the park website at Kensington Runestone Park to learn more. The county map is available at the Runestone Museum, or by clicking [here](#). You can also visit the Kensington Heritage Society [here](#).



Muffins with Carrots, Squash, Cheese and Ham

These muffins are perfect to carry in your bag for a portable snack while hiking or otherwise on the go. The cheese makes them extra moist, and the combination of ham, squash and carrot is delicious. A hearty fall alternative to sandwiches!

Makes 12 servings.

Ingredients:

200 g (1 2/3 cups) all-purpose flour
100 g (about 1 cup) lightly cooked oatmeal
2 tsp baking powder
1/2 tsp salt
1/2 tsp pepper
100 g (2/3 cup) squash
1 carrot
120 g (1 cup) white cheese
110 g (3/4 cup) cooked ham
2 eggs
4 dl (just under 1 3/4 cups) milk

Directions:

Preheat oven to 200° C (about 390° F). Cut squash, carrot and ham into small, thin pieces. Grate the cheese. Mix all the ingredients in a bowl and stir together.

Fill muffin tins 2/3 full and bake for about 25 minutes. Insert a toothpick in the middle of the muffin to make sure it is done.

Tips:

Some muffin tins need to be greased before you fill them. Spray pans with oil or grease them with melted butter / margarine.

In connection with the 2016 world biathlon championships in Oslo, food blogger and biathlete Kristin Hjelstuen brought in the favorite recipes of several Norwegian biathletes. The recipe series was published in March 2016.

Published on NRK.NO