



HEALTHY BREAD MIX

✓ RECIPE :

Ingredients	%
T80 Wheat flour	74,7
PEPILUP 1300 Lupin grits	6
Brown linseeds	6
FARILUP 350 T Toasted lupin flour	3
Wheat germ	3
Gluten	3
Chicorey flour	2
Salt	1,8
Rye leaven	0,5

Nutritional value for 100g of bread :

Caloric value	260 kcal				
Proteins, g	12,7	19,5	% of total E	Lipides, g	3,9
Carbohydrates, g	43,1	66	% of total E	AGS, g	0,6
Fibres, g	6,5			AGMI, g	1,2
B1 vitamin, mg	0,3	20	% of RDA	AGPI, g	2
Iron, mg	2,9	20	% of RDA	Omega 3, g	0,9
Magnesium, mg	75,8	25	% of RDA	Omega 6, g	1,2
Zinc, mg	2,4	16	% of RDA	Omega 6 / Omega 3	1,4

✓ PROCESS :

- Incorporate mix, water and yeast into the kneader :

Water : 70% - Yeast : 15g / kg of mix

Kneading : 4 minutes speed 1 + 16 minutes speed 2

- First dough rest 45 minutes at 25°C / 1 tour
- 2nd dough rest 45 minutes at 25°C / cutting, shaping
- Last doughrest 45 minutes à 25°C

Cooking : 20 minutes at 200°C, with steam

This bread, tasty and well-balanced, is *:

- Source of protein,
- Rich in fiber,
- Rich in omega 3
- Source of Vitamin B1, Iron, Magnesium, Zinc

* according to the directive 1924/2006, concerning nutritional and health claims on foods