



**✓ RECIPE :**

Ingredients	%
Wheat flour	82
<b>PEPILUP 1300 Lupin grits</b>	<b>4</b>
Dried olives	6
Olive oil in powder form	5
<b>FARILUP 500 Lupin flour</b>	<b>3</b>

**✓ PROCESS :**

In bread machine :

- + water : 63%
- + 10% of dry baker's yeast
- + 1,8% of salt

*\* process adaptable for industrial production*

**✓ NUTRITIONAL VALUE (theoretical)**

- Proteins.....9% (12.7% of Total caloric Intake) "source of proteins"\*
- Carbohydrates.....48%
- Lipids.....6% (of which 65% of MUFA and 15% of PUFA)
- Fibres.....3,7% "source of fibres"\*

*\* According to the new Regulation (EC) N°1924/2006 of the European Parliament and of the Council of the 20 December 2006 on nutrition and health claims made on foods*

**This delicious bread is "source of fibres" and well-balanced in vegetable proteins (leguminous and cereals proteins are complementary). Also it brings high quality lipids (unsaturated fatty acids).**

