



## Golden chip Sun Bread

✓ RECIPE :

Ingredients	Proportion (%)
Wheat Flour	92
<b>PEPILUP 1300 Lupin grits</b>	<b>5</b>
<b>FARILUP 350T ou 500 Lupin flour (toasted or not)</b>	<b>3</b>
Black Olives	15
Olive oil	5
Baker's yeast	1,5
Salt	1.8
Water	50

✓ PROCESS :

- Mix the dry ingredients homogeneously
- Add salt, water, oil and yeast
- Kneading : 4 minutes speed 1 + 11 minutes speed 2
- Add olives at the end of kneading
- Rest of the dough : 30 minutes + 45 minutes
- Shaping : 80g of dough
- Rest : 45 minutes
- Cooking : 15 – 20 minutes at 250°C

✓ RESULTS :**An appetising bread:**

- Yellow and black pieces in a yellow crumb

**A well – balanced bread :**

- Source of proteins and fibres
- Good quality of the fat (Olive & Lupin)

***For further information,  
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