



**DISPLAY  
CONDITIONS**

Ambient



**CATEGORY**

Bakery

# SUPERSEED BREAD MIX LOW GI

## INGREDIENTS

### Group Ingredients

Ingredient

Low GI Superseed Mix

Bread Flour

Yeast (Wet)

Cold Water (Soaking)

KG

12.500

12.500

0.900

15.000

**Total Weight: 40.900**

## METHOD

Soak SUPERSEED LOW GI MIX in cold water for 1/2 an hour. Add all remaining ingredients into the mixing bowl. Mixing time depends on type of mixer used. Dough temperature 28°C - 30°C. Floor time 10 minutes. Scale as required. First proof 10 minutes. Mould as required. Final proof ±45 minutes. Bake at ±225°C with steam at start of baking.