



## DISPLAY CONDITIONS

Ambient



## CATEGORY

Bakery

# SUPERSEED BREAD MIX LOW GI

## INGREDIENTS

### Group Ingredients

Ingredient	KG
Low GI Superseed Mix	12.500
Bread Flour	12.500
Yeast (Wet)	0.900
Cold Water (Soaking)	15.000
<b>Total Weight:</b>	<b>40.900</b>

## 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.