



## HEALTHY HARVEST BREAD

### OVERVIEW

Bread mix that's packed with healthy grains and seeds. 30% per loaf of – Sunflower Seeds, Pumpkin Seeds, Linseeds, Purple Wheat, Kibbled Rye, Kibbled Wheat.

### INGREDIENTS

Linseeds, Cereal Mix, Sunflower Seeds, Pumpkin Seeds, Gluten Flour, Purple Wheat, Salt - Iodised, Brown Sugar, Vegetable Oil, Emulsifiers (E481, Free Flow Agent (170), Flour Treatment Agent (300), Enzymes

### PACKAGING

Code	Size	Type	Palletisation
3915-40	10kg	Plastic Bag	

## NUTRITIONAL INFORMATION

Type	Value
Energy (kj)	1,607.00
Energy (kcal)	384.00
Protein (g)	18.60
Fat (g)	25.30
Saturated (g)	3.10
Carbohydrate (g)	27.10
Sugars (g)	3.90
Dietary Fibre (g)	17.20
Sodium (mg)	923.00

## METHOD

Group 1	
Ingredient	KG
Health Harvest Loaf Mix	5.000
Bread Flour	5.000
Bakels Instant Active Yeast	0.150
Water	5.750
<b>Total Weight: 15.900</b>	

## DESCRIPTION

1. Mix for 2 minutes at slow speed and 10 - 12 minutes at fast speed until dough is developed. Make sure to check using the window test. 2. Round into a ball and let rest for 5 minutes, then form into the desired shape. 3. Proof in a tin for approx 60 minutes. 4. Bake at 225 c for approx 30 minutes.



### STORAGE

Below 25°C, in Dry and Dark  
Conditions, Best Before 9 Months From  
Date of Manufacture



### SHELF LIFE

9 Months (270) days



### ALLERGENS

Gluten



### CATEGORY

Bread & Yeast Compounds, Bread & Roll Concentrates,  
Bread Bases, Bread & Roll Improvers, Other Bread  
Ingredients



### FINISHED PRODUCT

Bread, Bread Rolls