



## 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:</b>        | <b>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 & Roll Concentrates, Bread Bases, Bread & Roll Improvers, Other  
Bread Ingredients, Bread & Yeast Compounds



### FINISHED PRODUCT

Bread, Bread Rolls