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# **SEEDED BANANA BREAD**

### **OVERVIEW**

4 Seeded banana Bread is a loaf that's both delicious and nutritious. Contains Millet, Pumkin, Sunflower and Poppy seeds.

#### **INGREDIENTS**

Wheat Flour, Sugar, Whole Milk Powder, Pumpkin Seed (8%), Sunflower Seeds, Millet, Whole Egg Powder, Poppy Seed, Raising Agent (500, 450), Folic Acid

#### PACKAGING

**Code** 3866-51 Size

**Type** Plastic Bag Palletisation



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#### **NUTRITIONAL INFORMATION**

Туре	Value
Energy (kcal)	416.00
Energy (kj)	1,740.00
Protein (g)	13.00
Fat (g)	13.10
Saturated (g)	3.30
Sugars (g)	30.10
Dietary Fibre (g)	3.20
Sodium (mg)	474.00

#### METHOD

Group 1	
Ingredient	KG
Bakels 4 Seeded Banana Bread Mix	0.650
Water	0.160
Vegetable Oil	0.050
Mashed Banana	0.190
Golden Syrup	0.100
	Total Weight: 1.150

#### DESCRIPTION

1. Using a beater attachment, blend all ingredients for 1 minute at a slow speed. 2. Scrape down sides and continue mixing for a further 1 minute until smooth. 3. Rest for 5 minutes before depositing. 4. Deposit into a greased loaf tin. 5. Bake at 180°C for 40 - 50 minutes or until baked.

