



CATEGORY

Bread, Buns & Rolls

MULTISEED NUT BREAD

INGREDIENTS

Group 1

Ingredient	KG	%
LOW GI MULTISEED BREAD MIX	2.600	100.00
Flour	2.600	100.00
BAKELS INSTANT ACTIVE YEAST	0.080	3.00
Water (variable)	2.800	108.00
Total Weight:		8.080

Group 2

Ingredient	KG	%
Walnuts (chopped)	0.600	23.00
Almonds (Chopped)	0.600	23.00
Sunflower Seeds	0.400	15.40
Cinnamon (optional)	0.040	1.50
Total Weight:		1.640

METHOD

No time dough. Place group 1 ingredients into mixer and mix on slow speed for 2 minutes. Then mix on high speed until fully developed. Add group 2 and mix through. Give the dough a bench time of 5 minutes. Scale round and allow for a further 5 minute rest. Scale and Mould as desired. Proof then Bake at 220°C.