



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
Total Weight:	40.900

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.