

Wellness Bread

OAT LOVE



Bread base for the production of specialty bread, for mild-aromatic, tender oat baked products



source of fibre

- Premium improvers
- Bread mixes & Bread bases
- Cake mixes
- Custards & Fonds
- Organic & Gluten-free products
- Kosher & Halal products
- Sourdoughs & Malts

NOW YOU HAVE A CHOICE!



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INA is proud to announce WELLNESS BREAD OAT LOVE from our WELLNESS line.

The healthy power from nature. Enjoying delicious bread at breakfast, as a snack or at dinner? In this way, we are supporting healthy food – does that work?

Oats were introduced by Scottish settlers in the early 1600s to North America. For the last 400 years, we have been enjoying the healthy benefits of this grain. Our WELLNESS BREAD OAT LOVE contains 60 % oats. WELLNESS BREAD OAT LOVE does not only bring the focus of attention back to the interesting raw material of oats, a raw material which is full of taste, but, over and above, it provides an additional benefit to health: this is because WELLNESS BREAD OAT LOVE contains beta-glucans, a special fibre which is mainly found in the outer layers of the oat grain.

Our experts have developed a bread which provides a great baking result, and which guarantees an amount of 1.35 g of beta-glucans per 75 g of bread. These provide 45 % of the recommended daily intake of 3 g of oat beta-glucans to help reduce cholesterol.

Product profile:

- ♥ Constantly high raw material quality
- ♥ Stable, machinable doughs
- ♥ No pre soaking required

Baking character:

- ♥ Soft crumb character with excellent softkeeping
- ♥ Full aroma and oat flavour
- ♥ Coarse bite due to the high amount of steel cut oats

Possible nutrition claims on the final baked goods:

- ♥ Source of fibre

Possible health claims on the final baked goods using WELLNESS BREAD OAT LOVE:

- ♥ 2 slices (75 g) of this bread provide 45 % of the daily amount of the fibres shown to help reduce cholesterol
- ♥ Oat fibre helps reduce/lower cholesterol
- ♥ High cholesterol is a risk factor for heart disease
- ♥ Oat fibre helps reduce/lower cholesterol, (which is) a risk factor for heart disease

Further information can be obtained from our sales department.



Oat Bread

using WELLNESS BREAD OAT LOVE

Strong baker's flour	5.000 kg	50 %	11 lb	0 oz
Quick oats	5.000 kg	50 %	11 lb	0 oz
WELLNESS BREAD OAT LOVE	10.000 kg	100 %	22 lb	0 oz
Salt	0.400 kg	4 %	0 lb	14 oz
Fresh yeast	0.500 kg	5 %	1 lb	1.5 oz
Water, approx. 16° C (61° F)	14.000 kg	140 %	30 lb	14 oz
Total weight	34.900 kg		76 lb	13.5 oz

Mixing time: 16 minutes slow + 2 minutes fast (spiral mixer)

Dough temperature: 28° C (82° F)

Bulk fermentation time: approx. 30 minutes

Scaling weight: 2 x 0.450 kg (2 x 1 lb)
Pans 23 cm x 11 cm x 6 cm (9 inches x 4.3 inches x 2.4 inches)

Intermediate proof: none

Processing: pan bread

Final proof: approx. 75 minutes

Baking temperature: 230° C (445° F), dropping to 200° C (390° F), giving steam

Baking time: approx. 45 minutes (core temperature: 96° C (205° F))

Instructions for use: After the bulk fermentation time, scale dough pieces and mold round. Dampen the upper surface of the dough pieces, dip into quick oats and place in the greased pans. Press down the upper surface diagonally using a metal scraper. Subsequently, allow to proof. At almost full proof, load giving steam which is allowed to escape after approx. 2 minutes.

Topping: quick oats



Nutrition Facts

Per 2 slices (75 g)

Calories 170

% Daily Value*

Fat 2.5 g 3 %

Saturated 0.4 g 2 %

+ Trans 0 g

Carbohydrate 31 g

Fibre 4 g 14 %

Sugars 2 g 2 %

Protein 8 g

Cholesterol 0 mg

Sodium 370 mg 16 %

Potassium 125 mg 3 %

Calcium 20 mg 2 %

Iron 2 mg 11 %

*5 % or less is a little, 15 % or more is a lot

*75 g WELLNESS BREAD OAT LOVE bread

contain 1.35 g beta-glucans

The Nutrition Facts Table is based upon the preparation of the WELLNESS BREAD OAT LOVE according to the standard recipe from IREKS.

Please note:

The nutritional values as well as the processing recipe have always to be shown on advertising materials which are meant for our customers. On advertising materials for final consumers, the nutritional values must be declared.

 Visit us on LinkedIn or on our website



12.5 kg PAPER BAG



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