

Oat Bread using WELLNESS BREAD OAT LOVE¹

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

¹More information on the final product can be found on page 2.

Please note:

The nutritional values as well as the health claims have always to be shown on the recipe and the advertising materials.

¹Nutrition 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 %

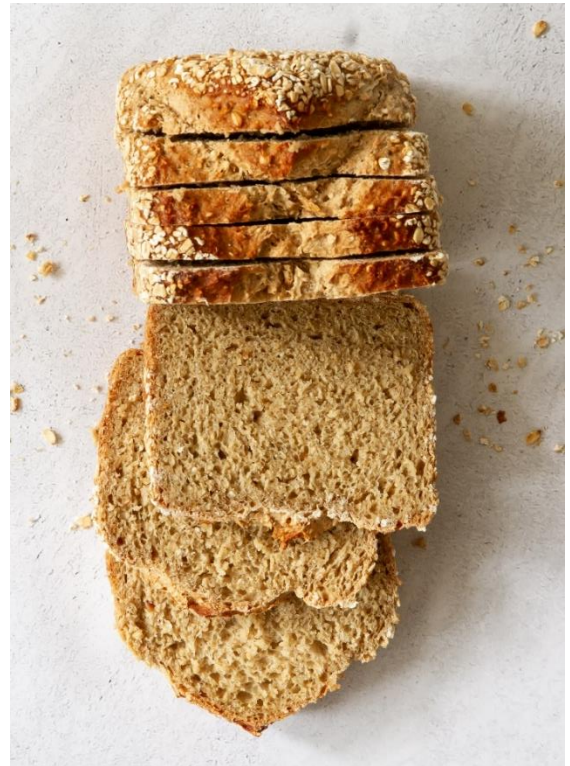
Potassium 125 mg 3 %

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



¹Possible health claims on the final baked goods with WELLNESS BREAD OAT LOVE:

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