AMAVITA

BAKERY AMAVITA MIX

Whole bread mix made from natural ingredients. The special recipe with plant proteins (such as wheat, soy and chickpeas) provides it with a higher protein content than traditional bread. AMAVITA is the perfect mix to make low-carb bread (6% carbohydrates), rich in proteins (26.5%) and fiber (11%). The ideal for those who stick to a dissociated diet plan and the most suitable choice for dinner. Discover the easy version too!



MODALITÀ D'USO

For detailed product information (e.g. dietary suitability and certifications), please consult the technical data sheets or contact our team.
No applications provided for this product.

DETTAGLI PRODOTTO

Codice prodotto 01080449

ALLERGENI/CROSS CONTAMINAZIONI

Allergens

Cereals

Soybeans

Sesame

Cross-contaminations

Milk

Mustard

INFO

Description
complete powdered mix of natural ingredients studied to obtain bakery products with a reduced content of carbohydrates (*)(6%), high in proteins (26.5%) and fibres (11%). AMAVITA allows artisan bakers to offer products to customers following particular dissociated diets, rich in proteins and low in carbohydrates. (*) compared to white bread made with type 0 flour (source Crea-Nut 2022)

Denomination
semifinished product for bakery products with a reduced carbohydrate content.

Directions for use
Basic recipe:
AMAVITA kg 10
water kg 8.6
yeast (fresh) g 300
KNEADING TIME (SPIRAL MIXER): 6 minutes on first speed and another 10-12 minutes on second speed
RESTING TIME: 15-20 minutes at 20-22°C
FINAL LEAVENING: 40/60 minutes at 28-30°C
BAKING: 200-220°C
Dose the dough according to the desired weight, roll and moisten it.
Let a mix of seeds (DECORGRAIN) adhere to its surface and than put the dough into pullman-loaf molds (It is possible make the bread also without molds).
Let it leaven and then bake (giving steam) in different times and temperatures according to the product size.
It is advisable to extend the time of baking with the draft of the steam open to allow the product "drying" and the correct formation of the crust (this operation is necessary for the high amount of water that has been used to well hydrate the dough).