



## PROTEIN BREAD 10

Discover **ProteinBREAD**, the complete mix that combines taste and well-being. Made with wholemeal flours, selected seeds, and natural dried sourdough, it's the ideal solution for creating bread rich in protein and fiber, with an authentic flavor and reliable performance. Perfect for enhancing your bakery's offering with a modern and healthy product, it meets the needs of athletes, active people, and customers who care about a balanced diet.

### PRODUCT DETAILS

COD 01982150

CLAIMS

### ALLERGENS / CONTAMINATIONS

#### ALLERGENS



#### CONTAMINATIONS



### DIRECTIONS FOR USE

BREAD:

PROTEIN BREAD kg 10

Water kg 6.5

Yeast g 300

Salt g 100

DOUGH TEMPERATURE: 26-27°C

KNEADING TIME: 4 minutes on first speed and another 8-10 minutes on second speed  
(with spiral kneading machine)

RESTING TIME: 15/20 minutes at 22-24°C

PROOFING: 50/60 minutes at 28-30°C with relative humidity of 70-80%

BAKING: 20 minutes at 220-230°C for sizes of 70 grams

50 minutes at 220-230°C for sizes of 500 grams

Resting and rising times can be changed according to the temperatures recorded at the time of production

Following this recipe, you will get a bread rich in protein and fibre according to regulation (EC) 1924/2006 (energy value from protein: 20.8% and fibre content 7.7 g per 100 g of product, verified through a single test session)

CRACKER OR BREADSTICKS

PROTEIN BREAD Kg 10

Water Kg 6.5-7

Yeast g 300  
olive oil g 150  
Salt g 100

DOUGH TEMPERATURE: 26-27°C

KNEADING TIME: 4 minutes on first speed and another 8-10 minutes on second speed  
(with spiral kneading machine)

CRACKER:

RESTING: leave the dough to rest at 24-26°C for 20-30 minutes then roll out to a thickness of 1-3 mm and place on baking pans.

LEAVENING: leave to rise at 28-30°C with relative humidity of 70-80% for 90 minutes.

SHAPING: use a pastry cutter to create the shapes of the required size, prick with a suitable tool.

BAKING: bake at 220-230°C for about 20-25 minutes.

BREADSTICK:

RESTING TIME: Shape the dough into a long loaf, cover it and let rise for 30-40 minutes at 28-30°C.

Cut the dough into strips and stretch each strip with your hands to shape a breadstick.

Place the breadstick onto a tray and let rise for about 90 minutes at 28-30°C.

BAKING: bake at 220-230°C for about 20-25 minutes.

Following these recipes, you will get crackers and breadsticks rich in protein and fibre according to regulation (EC) 1924/2006 (energy value from protein: 20.8% and fibre content 12.5 g per 100 g of product, verified through a single test session)

#### TECHNICAL DENOMINATION

semi-finished product for the production of whole wheat bread with soy grain and flour, bamboo fibre and seeds (flax, sunflower, sesame and pumpkin).