

# MULTISEED LOW GI BREAD

## INGREDIENTS

### Group 1

Ingredient	KG
BAKELS COUNTRY OVEN MULTISEED BREAD MIX	1.000
Bread Flour	1.000
BAKELS INSTANT ACTIVE DRIED YEAST	0.020
Water	1.050
<b>Total Weight:</b>	<b>3.070</b>

## METHOD

1. Mix into a well develop dough.
2. Allow dough to rest for 15 minutes before process.
3. Scale 450 g dough and mould into oblong shape,give approximate 60 minutes proofing at 35°C and 75% relative humidity.
4. Bake at 210°C for 30 minutes.



## CATEGORY

Breads, Rolls & Pastry