



## AMAVITA 10

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!

### PRODUCT DETAILS

COD 01080449

### CLAIMS

### 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 then put the dough into pullman-loaf molds (It is possible to 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).

### ALLERGENS / CONTAMINATIONS

#### ALLERGENS



#### CONTAMINATIONS



### TECHNICAL DENOMINATION

semifinished product for bakery products with a reduced carbohydrate content.