



HIGH PROTEIN
Bread



PROT MAX P - 30

High protein bread rich in whole grains & seeds.

- ✓ 30 gm protein in 100 gm Bread (2 slices)
- ✓ Reduced carbohydrate content
- ✓ A complete wellness bread
- ✓ Made with the finest protein isolates

PROT MAX P - 30

Prot Max P30 is a premix for preparation of high protein bread. It is a complete wellness bread rich in protein and fibres. It is made with finest proteins sourced from oats, soya, whey, pea and wheat.



Mix



Crumb



BAKER RECIPE

PROT MAX P - 30	1000 gm
Water (cold)	900 gm
Fresh Yeast / Dry Yeast	40 gm / 15 gm

BAKING METHOD

Place all the ingredients in the mixing bowl. Using a spiral mixer with a hook attachment, mix at slow speed for 4 minutes and fast speed for 15 - 18 minutes. Dough temperature should be between 24°C to 26°C. Bulk fermentation for 15 minutes approximately. Scale the dough weight to 500 gm to 600 gm in a mould or shape as desired. Final proofing for 50 to 60 minutes at 32°C and 75% relative humidity. Bake at 230°C under a falling temperature of 210°C for approximately 50 to 60 minutes. Reduce temperature by 20°C every 10 minutes of baking

 Bake with lots of steam

 **QUICK TIP** Additional mixing time will give more volume

 **QUICK TIP** Bread tastes best when toasted

INGREDIENTS

Whey Protein, Oat Protein, Soya Protein, Wheat Protein, Wheat Fibres, Sunflower Seeds, Sesame Seeds, Linseeds, Soya Flour, Oat Bran, Iodised Salt, Rye Sour Dough Ferment, Barley Malt, Whole Meal Flour, Blend of Functional Enzymes (E1100).

