



Beta

BAKERY MIX
for the production
of wheat-oat bread with natural beta-glucan

*Beta is a bakery mix for making wheat and oat bread with natural beta-glucan. The main components of the product are: wholegrain oat flour, bran, oatmeal and sunflower seeds. As much as 74% is oats - in the form of mountain flakes and wholemeal flour. Beta-glucans derived from oats or barley help maintain normal cholesterol levels. Consuming about 3 grams of beta-glucans a day may improve the lipid profile and thereby significantly reduce cardiometabolic risk. It has also been proved that beta-glucans in the meal prolong the time it takes to feel satiated, thus having a beneficial effect on the energy value of subsequent meals, which is important for more effective appetite and weight control. To add variety to the taste and aroma of bread, the **Beta Mix** uses a combination of oat flour and rye sourdough. The **Beta** bread has a distinctive, rustically cracked crust and a light, evenly porous crumb and has extremely delicate flavour.*



Taste is the priority

- combination of oat flour and rye sourdough starter
- even porosity
- crispy crust
- distinctive flavour



Supports a healthy lifestyle

- beta-glucans are a valuable component of functional foods and its regular may reduce the risk of cardiovascular disease and type 2 diabetes
- high fibre and manganese content
- source of protein, zinc, phosphorus, magnesium and copper



BAKING WITH LESAFFRE solutions

The programme we have created focuses on quality nutrition and protection of our planet. It's a nutrition programme with a message - Let's take care of ourselves! By taking care of our body, we can enjoy a better quality of life. Our health depends on what we eat every day and on bread, which can be the basis of good nutrition and well-being if it has good ingredients and is tailored to specific lifestyle or dietary needs. **Lesaffre's commitment is to provide every baker with quality ingredients for bread production.**



**BREAD BAKED
IN A BASKET**



**BREAD BAKED
IN A MOULD**

APPLICATION

50% i.e., 50 kg of mix for 50 kg of flour (directly into the flour before mixing).

	BREAD BAKED IN A BASKET	BREAD BAKED IN A MOULD	
RECIPE	Beta blend	500 g	500 g
	Wheat flour type 750	500 g	300 g
	Rye flour type 720	-	200 g
	Lesaffre yeast	30 g	30 g
	Ritesa / Kontinol Paste	-	6 g
	Water	650 - 670 g	770 - 790 g
	TOTAL	1,680 - 1,700 g	1,806 - 1,826 g
PRODUCTION	Kneading (spiral)	4' + 6'	6' + 4'
	Dough temperature	26 - 28°C	30 - 32°C
	1st fermentation (ambient temperature)	10' - 15'	20' - 30'
	Chunking	as per your choice	as per your choice
	Forming	as per your choice	as per your choice
	2nd fermentation (30°C / 80%)	40' - 50'	25' - 35'
	Baking (hearth oven) with evaporation	30' / 210 - 220 °C	40' / 210 - 220 °C



STORAGE CONDITIONS

Store the product in a tightly closed container, in a dry and well-ventilated place out of direct sunlight (maximum temperature 25°C).

PACKAGING

25 kg bag

SHELF LIFE

12 months from production date



By working with Lesaffre,
you will reinvent
your bakery!