



INVENTIS®

CREATIVE BAKING SOLUTIONS



- ✓ **bread for diabetics**
- ✓ **low glycemic index of bread - 42.7% ***

BREAD

LOW GLYCEMIC GRAIN BREAD

BAKERY MIX



Grain bread with a low glycemic index is a mix for the production of wheat bread, which is an ideal proposition for people who care about their health or require the use of specialized diet therapy. Especially recommended for diabetics and patients with recommended for diabetics and patients with postprandial glycaemia. The finished product has a high content of dietary fiber, which helps in the proper functioning of the intestines, and is also a source of protein that contributes to the growth of muscle mass and helps maintain healthy bones. The baked product provides a long-lasting feeling of fullness. The composition of grains, incl. sunflower, linseed, pumpkin seeds create the perfect dose of energy, allowing you to enjoy the traditional taste and aroma of healthy bread. The mix is perfect for bread made with the use of proofing basket as well as for rolls of various shapes.

DIRECTIONS FOR USE

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

STORAGE CONDITIONS

Store in tightly closed packaging in dry and well-ventilated area, protect from direct sunlight (maximum temperature 25° C).

PACKAGING

25 kg bag

CAUTION The product may contain: milk and derivatives, eggs, soybeans and derivatives, sesame.

*Certification and research carried out by the Department of Dietetics of the Warsaw University of Life Sciences.



BREAD

ADVANTAGES

- ✓ *the bread is especially recommended for diabetics and patients with postprandial hypoglycemia.*
- ✓ *bread is a source of protein and high in dietary fiber*
- ✓ *low glycemic load of bread slices*
- ✓ *high grain content*
- ✓ *long-lasting feeling of fullness*
- ✓ *unique taste and aroma*



ROLL

RECIPE	BREAD	ROLL
Baking mix	1 000 g	1 000 g
Wheat flour type 750	1 000 g	1 000 g
Yeast	60 g	60 g
Water	1 000 g	1 000 g
TOTAL	3 060 g	3 060 g
PROCESS	PARAMETERS	
Kneading (spiral)	4+ 4'	4+ 4'
Dough temperature 2	26-28°C	26-28°C
1st fermentation (ambient temperature)	15-20'	15-20'
Dividing and forming	basket	weight and shape as desired
2 fermentation (proofing)	45-55' / 35°C / 75%	40-45' / 35°C / 75%
Baking	35-45' / 210-220°C	15-17' / 210-220°C



Inventis a complete range of products for bread baking. It allows bakers to create varied and tasty recipes only limited by their imagination.

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