

High Protein Bread

Deflavoured Faba Bean Protein (FFBP-60-D) is a protein concentrate with a clean flavour profile. It allows enriching baked goods in protein, without compromising taste and texture

Ingredients	%
Water	36.60
Wheat Flour 550	41.30
Sugar	4.10
Deflavoured Faba Bean Protein	10.30
Vital Wheat Gluten	2.60
Shortening	2.60
Salt	1.00
Instant Yeast	0.80
Bread Improver	0.50
Potassium Sorbate	0.20

Nutrition Facts	
Serving size (100g)	
Energy	277kcal / 1171kj
Fat	4.3g
of which saturates	1.5g
Carbohydrate	43.1g
of which sugars	6.1g
Protein	15g
Dietary Fibre	3g
Sodium	1.3g



Preparation:

1. Pre blend all dry ingredients
2. Add shortening and water (approx. 20°C)
3. Mix in a spiral mixer at speed 1 for 1 min and scrape bowl
4. Mix at speed 2 for 5 minutes
5. Weigh 450g of dough into greased baking tins
6. Proof at 82% RH and 35°C for 1 hour
7. Bake in a deck oven at 220°C top & 240°C down for 45minutes