

# BREAD MIX

## LOW PROTEIN BREAD MIX

500 g + 10 g

### BASIC RECIPE: BREAD

250 g Bread Mix, one pinch of salt, 5 g dried yeast, 15 g oil, 300 ml water

Mix the Bread Mix, salt and dried yeast together, add the oil and water and continue to mix for several minutes with a hand blender to form a smooth mixture. Oil a rectangular baking tin and sprinkle with Bread Mix, fill with the mixture and smooth out the surface using the back of a wet spoon. Cover the baking tin with a piece of clingfilm covered in oil. Leave the dough to stand for 30 minutes in a warm place. Then remove the clingfilm from the tin, brush the bread surface with oil and place the bread in the pre-heated oven at 230°C (or 210°C if fan-assisted). Bake the bread for 35–40 minutes.

Food for Special Medical Purposes. For use in the dietary management of inherited metabolic disorders (e. g. Phenylketonuria), or conditions requiring a low protein diet.



FOR BREAD,  
PIZZA AND MORE

✓ A versatile mixture for baking all kinds of tasty homemade bread and other dough-based foods, including pasta

**INGREDIENTS:** Gluten-free **wheat** starch, maize starch, rice starch, thickeners: hydroxypropyl methyl cellulose, guar gum; dextrose, potato flour, vegetable fibre (psyllium).

**CONTAINS ONE SACHET OF DRIED YEAST (10 g).**

**INGREDIENTS:** dried yeast, emulsifier: sorbitan monostearate.

Nutrition declaration	Bread Mix	yeast
	100 g	10 g
Energy	1475 kJ 348 kcal	141 kJ 34 kcal
Fat	0,4 g	0,5 g
of which saturates	0,2 g	0,2 g
Carbohydrates	84 g	1,3 g
of which sugars	1,9 g	0 g
Fibre	3,4 g	2,4 g
<b>Protein</b>	<b>0,5 g</b>	<b>4,8 g</b>
of which Phenylalanine	17 mg	190 mg
of which Tyrosine	13 mg	173 mg
of which Leucine	28 mg	314 mg
Salt	0,06 g	0,03 g
of which Sodium	24 mg	10 mg
Potassium	28 mg	173 mg
Phosphorus	34 mg	91 mg

ARTICLE NUMBER	WEIGHT	EAN-CODE
5706020900	500 g + 10 g	8 008698 014998

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