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**CRÉDIN®**

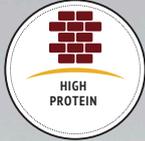
# CRÉDI BREAD PROTEIN

A diet rich in protein is important for physically active people, but also for anyone who leads an intense lifestyle.

Protein contributes to the growth and maintenance of muscle mass and helps maintain of normal bones.

It is important to remember that a varied and balanced diet is an crucial component of a healthy lifestyle.

\*Nutrition claims for the product obtained according to the recipe below.



## FITPRO BREAD ROLL

### Recipe:

CREDI BREAD PROTEIN	30.00 kg
Soya bean grits (crushed)	7.50 kg
Linseed	13.50 kg
Sunflower seeds	7.50 kg
Water (to soak grains)	28.00 kg
Wheat flour T-550	100.00 kg
Yeast	4.00 kg
Salt	2.30 kg
Water	80.00 kg

### Method:

Soak soya beans/linseed/sunflower seeds in a 1:1 ratio with water at 40 °C.

**Soaking time for grains:** Approx. 2 hours.

Mix all the ingredients together until the dough is smooth.

**Mixing time:** Approx. 6 minutes at low speed, 4 minutes at high speed (machine dependent).

**Dough temperature:** 24–26 °C.

**Pre-fermentation:** 10 minutes.

**Weighed amount:** 90 g.

**Sprinkles:** Sesame/linseed in a 1:1 ratio.

**Amount of sprinkles:** Approx. 2–3 g per 1 piece.

**Final thickness of the dough sheet:** 10 mm.

**Cutting width:** 70 mm.

**Cutting length:** 85 mm.

**Post-fermentation:** Approx. 60 minutes.

### Digestion chamber parameters:

**Temperature:** 30 °C.

**Humidity:** 70–75 %.

### Baking temperature:

**Product FB:** 240 / 220 °C

Steam on loading.

**Product HB:** 220 / 200 °C

Steam on loading.

### Baking time:

Fully baked and frozen products (FB) approx.

16–18 minutes.

Partly baked and frozen products (HB) approx.

12–13 minutes.

**51%**

of Poles say the more protein, the better the product.\*\*

**35%**

of Poles think that products high in protein are better and more expensive.\*\*

**39%**

of Poles think that proteins from plants can completely replace those from meat.\*\*

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