



AMAVITA EASY 10

Complete wholemeal bread mix with wheat proteins (15.7%), soy flour and grits (12.3%). Only the finest ingredients in it. AMAVITA EASY is the perfect mix to make low-carb bread (24% carbohydrates), rich in proteins (21%) and fiber (9%). The ideal for those who stick to a dissociated diet plan. Discover the classic version too!

PRODUCT DETAILS

COD 01080457

CLAIMS

DIRECTIONS FOR USE

Basic recipe:

AMAVITA EASY kg 10

water kg 7.3

yeast (fresh) kg 0.3

KNEADING TIME (SPIRAL MIXER): 6 minutes on first speed and another 10-12 minutes on second speed

RESTING TIME: 10 minutes at 20-22°C

FINAL LEAVENING: 40/50 minutes at 28-30°C

BAKING: 200-220°C

Let it leaven and then bake (giving steam) in different times and temperatures according to the bread sizes.

It is advisable to extend the time of baking with the draft of the steam open to allow the bread "drying" and the correct formation of the crust (this operation is necessary for the high amount of water that has been used to well hydrate the dough).

TECHNICAL DENOMINATION

semifinished product for bread with a reduced carbohydrate content.

ALLERGENS / CONTAMINATIONS

ALLERGENS



CONTAMINATIONS

