

# Healthy Breakfast Bread



A healthy and great-tasting country bread perfect for breakfast.



**SERVING SIZE**  
5 x 400g



**SERVING SUGGESTION**  
Best eaten with fruit conserve, cheese or cold meats.



## INGREDIENTS

Item	g	%
Bread flour	500.00	50%
Wholemeal flour	500.00	50%
Water	600.00	60%
Saf-instant® Gold yeast	20.00	2%
Honey	80.00	8%
Olive oil	50.00	5%
Salt	15.00	2%
Magimix® Green bread improver for volume & tolerance	5.00	1%
Dried cranberries	100.00	10%
Seed / Nut mix (Any combination of seeds or nuts and/or dried fruits of your choice.)	150.00	15%
<b>Total</b>	<b>2,020</b>	

## FEATURED PRODUCTS



## PRE-PREPARATION

1. Nut/seed mix: Mix the combinations of nuts, seeds and dried fruits of your choice evenly.

## PREPARE THE DOUGH

1. Add all ingredients into the mixer.
2. Mix 3 mins on low speed and 6 min on high. Final dough temperature should be around 28°C.
3. Round up the dough. Cover and let it sit for 5 mins.
4. Divide the dough into pieces, each weighing 400g.
5. Round up the dough, cover and let it sit for another 10 mins.

## SHAPING

1. Flatten the dough piece with your hand. With a rolling pin, make each piece into a 20cm round disc.
2. Line baking sheet on a baking tray. Place the dough on the baking sheet.
3. With a dough scraper or large knife, cut the discs into 4 pieces but making sure they still stay together as a whole.
4. Fermentation: Proof the dough at 28°C and 85 - 90% relative humidity, until it has doubled or tripled in size (approx. 90 mins).
5. Lightly dust the top with flour.

## BAKING

1. Bake in a deck or convection oven at 220°C for 22 - 25 mins.
2. Cool the bread on a wire tray before serving.
3. When cooled, the bread can be pulled apart into individual pieces for sharing.