

## Fit4Life Bread



### Ingredients

#### Fit4Life Bread

Fit4Life Breadmix	100%	10000g
Fresh yeast	3%	300g
Water approx.	86%	8600g

#### Decoration:

Mixture of seeds

### Working Method

Kneading	Knead all ingredients into a smooth and well developed dough. Mix approx. 10 minutes at low speed and approx. 8 minutes at high speed
Dough temperature	Approx. 26°C
Dough rest	Approx. 20 minutes
Scale	Dough pieces approx. 430 grams
Moulding	Mould directly as a tin bread, decorate as desired and place the dough pieces into baking tins
Final proof	Approx. 45 minutes
Baking	Approx. 35 minutes at 230°C



For more information please contact  
Sonneveld: +31 (0)78 644 25 25 or send an  
e-mail to [info@sonneveld.com](mailto:info@sonneveld.com). Our specialists  
are glad to assist you.

#### Bakery Ingredients

Sonneveld Group B.V. - Rietgorsweg 1-3 - P.O. Box 42 - 3350 AA Papendrecht - The Netherlands  
Tel. +31 (0)78 644 25 25 - [www.sonneveld.com](http://www.sonneveld.com) - [info@sonneveld.com](mailto:info@sonneveld.com)