



Yeasted Bread — High Fibre

Consuming more fibre is linked with having a healthier weight and a lower risk of diseases like bowel cancer. In fact there is growing evidence that those who consume a highly diverse range of fibres from multiple sources have a much healthier gut microbe with a range of associated health and wellness benefits.

High-fiber content however can affect the look, taste, and texture of baked goods. It may also impact dough processing, including mixing stability and development time.

Lupin Kernel Fibre is an ideal addition to a high fibre loaf, managing water absorption and preventing the final product from becoming too dry, dense, or crumbly. It is an 'invisible' fibre with a neutral flavour and aroma that can be substituted for flour in a variety of recipes with minimal adjustments to formulas or method.



100% Wheat flour



88% Wheat flour+ 12% LKF

Below is a prototype of a yeasted bread with LKF substituted for 12% of the wheat flour. It has a soft, open texture and typical wheat bread flavour and aroma, delivering a good serve of fibre in each slice.

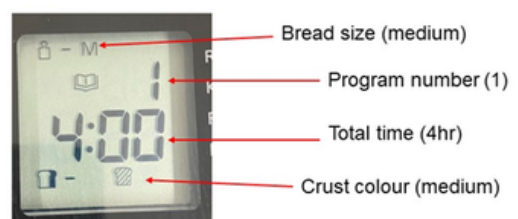
Ingredients	Quantity (g)
Bread making flour (12.5% protein)	410
Lupin Kernel Fibre (LKF)	56
Dried yeast	3
Sugar	15
Salt	5
Bread improver*	5.4
Butter (melted or finely sliced)	15
Water	380

* Example: Bakels Advance 300 (Wheat Flour, Antioxidant (ascorbic acid), Enzyme (amylase) (wheat))

Equipment - Panasonic Bread maker, scale and spatula

Method

- Weigh all dry ingredients into Breadmaker pan.
- Use spatula and mix well to ensure they are well combined.
- Add water and butter.
- Turn on Breadmaker and select program as below, following equipment manufacturer instructions:
 1. Basic –Program NO 1.
 2. Bread size — M (Mexdium).
 3. Crust-Medium.



This is how your bread-making machine screen should look like before pressing the start button

