



Activa VitaFit Omega 3 Bread

Recipe

Activa VitaFit Omega 3 Bread Mix	1kg
Water	600g
Mauripan Red Instant Dry Yeast	7g

Instruction:

Place all dry ingredients in the mixing bowl start mix and then add the water.

Mixing Time: 3 minutes slow, 9 minutes fast

Dough Temperature: 25-26C°

First Proof: 20 minutes

Intermediate Proof: 20 minutes

Final Proof: 65 minutes

Baking Temperature And Time : 40 minutes at 200C°