



BMX BREAD BASE

OVERVIEW

BMX is a flavoursome bread base with added dietary fibre. It contains a good mix of whole grain cereals. A versatile bread base for many applications, such as loaves, bread rolls, tea cakes, rye bread and much more. The base gives the bread an excellent volume with a nice crust and soft texture.

USAGE

See recipe.

INGREDIENTS

linseed, WHEAT flour, hulled millet, cut RYE kernels, WHEAT flakes, WHEAT fibre, sunflower seed, salt, sugar, vegetable oil (rapeseed), dextrose, WHEAT GLUTEN, emulsifier (E472e), flour treatment agent ascorbic acid, enzyme

PACKAGING

Code	Size	Type	Palletisation
392110	20 kg	Bag	

NUTRITIONAL INFORMATION

Type	Value
Energy (kJ)	1,600.00
Energy (kcal)	380.00
Fat (g)	15.00
of which saturated (g)	2.00
of which omega-6-fatty acids (g)	0.73
Carbohydrate (g)	39.00
of which saccharides (g)	8.50
Protein (g)	12.00
Sodium (g)	2.00
Salt (g)	5.09

METHOD

Group 1	
Ingredient	KG
Water	1.060
BMX	0.500
Dry yeast	0.030
Wheat flour	1.200
Total Weight: 2.790	

DESCRIPTION

Mix the ingredients into a elastic dough. Dough temp: 26-28 °C Resting time: 10 min Proving time: 37°C approx 45 min. Starting temp: 230°C Baking temp: 200 °C Baking time approx: 25 min.



STORAGE

Dry conditions, room temperature up to 25°C, relative humidity max 65%.



SHELF LIFE

240 days



TYPE

Powder



ALLERGENS

Gluten (wheat, rye)



CATEGORY

Bread Mixes & Concentrates



FINISHED PRODUCT

Baguette, Chilled dough, Crisp bread, Crusty bread, Fibre rich, Rolls, Rusk, Rye bread, Tin bread, White bread