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# Sanis

specials

SANIS flour stands out for its exceptional shelf life and light, delicate aroma. It has a brown color and neutral crumb, ensuring balanced, consistent bread.

### FLOUR

**Ingredients:** Wheat flour, rye flour, wheat bran, pumpkin seeds, sunflower seeds, brown flax seeds, wheat gluten, emulsifiers E471, E472e, E481, Wheat germ, Malted wheat flour, Enzymes: Amylases (wheat), Hemicellulases (wheat), Ascorbic acid E300

**Structure:** Dark brown powder with seeds

**Wholegrain:** 51%

**Allergens:** Cereals containing gluten (wheat, rye, malt)  
May contain traces of soy and sesame

### NUTRITIONAL VALUE (PER 100 G)

Energy kcal: 354  
Energy kJ: 1499  
Carbohydrates: 59.2g  
Fat: 7.6g  
Protein (Nx6.25): 13.5g  
Dietary fiber: 7.1g

\* Figures depend on the new harvest.

### BREAD

**Odour:** Neutral

**Colour:** Brown

**Crumb:** Lightweight and flexible

### PACKAGING

25 kg



### RECIPE

#### Main ingredients

CT SANIS	10 kg
Water*	± 6 l
Yeast	300 g
Salt	170 g

#### Kneading

Normal	15'
Spirale:	1° speed 4'
	2° speed 4'
Fast kneading	2'30"
Dough temperature	25 °C - 27 °C

#### Resting and proofing time

1st rest	15'
2nd rest	15'
Final proof	45' - 60'
Proofing temperature	32 °C
Relative humidity	80%

#### Baking

Baking temperature:	220 °C
Baking time:	35' - 45'

#### Notes

- For special bread, add the necessary ingredients according to legal requirements.
- This bread remains soft.

\*The addition of water depends on the new harvest.

