

Happy bread



Mix for the production of wholemeal spelt bread
with zinc, selenium and vitamin D





Do you actually know what your body achieves every day?

- your heart beats approx. 100,000 times**
- 100,000 kilometres of blood vessels transport approx. 8,000 litres of blood**
- you take approx. 20,000 breaths**

Isn't it crazy that your body can heal small injuries itself and can create new life? That we can see, hear and speak and that, every day, your legs carry you through life. We should say thanks to it for this. It is often the small things which have the greatest effect. One possible contribution to keep this wonder ticking over is the regular consumption of bread using HAPPY BREAD. Wholemeal spelt bread with a harmoniously rounded off taste which is enjoyed by the whole family. Over and above, it serves as a source of zinc, selenium and vitamin D.

In connection with a balanced lifestyle, bread using HAPPY BREAD contributes to that feeling of content when the cold and unpleasant time of year comes calling.

»» That feeling
of content ««



Product profile

Wholemeal spelt bread with a particular character based on exquisite milled grain products

- high-quality ingredients of a constant quality
- consistently good baking results
- spelt as a popular alternative to wheat

Unique with wholemeal spelt sourdough, zinc, selenium and vitamin D

- gives the bread a pleasantly mild hint of acid
- bread for today's nutrition-conscious consumer
- delicious enjoyment

Adjusted to suit the individual demands of bakeries

- very good processing reliability
- excellent machinability
- optimum subsequent oven spring
- for individual processing as oven bottom bread or baked in tins

Baked goods for the whole family in keeping with the trend

- appealing volume of baked goods
- moist and airy crumb with very good consumption freshness
- wholemeal bread with a pleasant mouth feel
- mild-aromatic taste







Happy bread

HAPPY BREAD	10.000 kg
Salt	0.150 kg
Yeast	0.200 kg
Water, approx.	6.800 l
Total weight	17.150 kg

Mixing time:	8 + 2 minutes
Dough temperature:	27° C – 28° C
Bulk fermentation time:	approx. 20 minutes
Scaling weight:	0.580 kg for oven bottom bread 0.400 kg for IREKS connected tins
Intermediate proof:	none
Processing:	oven bottom, IREKS connected tins
Final proof:	approx. 50 minutes
Baking temperature:	240° C, dropping, giving steam
Baking time:	45 – 50 minutes (core temperature: 96° C)

Instructions for use:

After the bulk fermentation time, scale the dough and mould round. Toss the upper surface of the dough pieces in spelt flour and, according to the processing, place immediately on setters or in IREKS connected tins. Then allow to prove and cut at $\frac{3}{4}$ proof. Allow to relax once again for 5 – 10 minutes in the fermentation chamber and subsequently load, giving steam which is allowed to escape after approx. 2 minutes.

100 g bread contain on average:

Energy	948 kJ (224 kcal)
Fat	1.8 g
of which saturates	0.3 g
Carbohydrate	37.5 g
of which sugars	3.7 g
Fibre	6.9 g
Protein	11.1 g
Salt	1.3 g
Zinc	3.0 mg (30 % of the daily reference intake)
Selenium	13.0 µg (24 % of the daily reference intake)
Vitamin D	1.0 µg (20 % of the daily reference intake)

As a result of the enrichment, the nutrition information of the baked goods has always to be given.



Our body - a marvel

In addition to a balanced diet, there are, of course, even more possibilities on how we can actively support our body. Sport, drinking a lot of fresh air are only small changes in our day-to-day lives, but they have a huge effect.

It is ultimately the complete package which helps us to feel balanced, fit and healthy.

And did you know that a change carried out daily becomes a habit after only 8 weeks?

It then becomes a matter of course for you to use the stairs at work or eat an apple every day.

Just give it a try!

good mood

Laughing, dancing, singing – going through life having fun is good for the body and the soul!

A small tip: Look at the not-so-nice situations in life with which you are preoccupied and ask yourself whether you really want to waste your energy on this.



balanced nutrition

Every day, our body needs a selection of different foods. Among these are carbohydrates, proteins and fats. But also vitamins and trace elements.

A small tip: Begin to include at least one portion of fruit and vegetables in your diet every day, keep a look out for good fats and try wholemeal pasta for a change.





drink a lot

So that all the processes within our body can work smoothly, a sufficient intake of liquids is also vital. Water is ideal, of course.

A small tip: Always have a full glass at the ready!



exercise

Sport encourages the metabolism and has a stabilizing effect if carried out regularly.

A small tip: Cycling to work or a nice walk in the evening.



fresh air

No matter whether wind, rain or sunshine. Everyone should take a walk in the fresh air each day and also the flat or the office is always pleased to have a regular amount of fresh air!

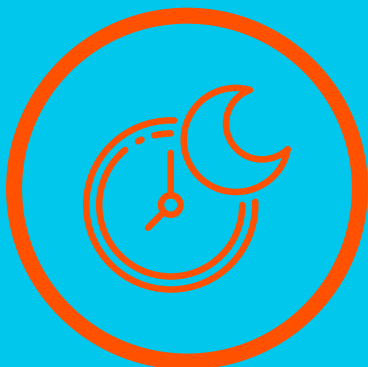
A small tip: Just take a walk around the block at lunchtime.



breaks

Simply treat your body to a break now and again and relax.

A small tip: A sauna, read a book, listen to good music and allow yourself to unwind.



sufficient sleep

A well-rested organism can defend itself much better than one which has been sapped of its energy. And anyway, it is really so nice in bed!

A small tip: Design your bedroom as a place of happiness where you would like to relax. There should be no space for a mobile phone and a television there.



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