

Greek Salt Buns

Greek Salt Buns 15 pcs.

700 g	wheat flour
300 g	junket
50 g	fresh yeast
½ tsp	salt
20 g	FiberHUSK®
5 dl	water

For brushing: A beaten egg
Topping: Coarse flour & salt

Beat FiberHUSK® in the water to swell. Stir yeast in the junket and add salt.
Mix the FiberHUSK® mixture with the junket whilst stirring hard.
Add flour and knead. Place the dough on a floured surface and knead it thoroughly, so the dough becomes soft and pliable. Place the dough back in the bowl.
Leave to rise in a warm place for 30 min. covered with a tea towel. Knead the dough again and shape into buns. Leave to rise again for approx. 30 min. on a baking tray.
Brush the buns with beaten egg and sprinkle with flour and salt. Bake in a preheated oven at 200° C/390° F for 20-25 min.

Fibre Rich Sandwich Bread 2 loafs

600 g	wheat flour
100 g	wholemeal flour
50 g	FiberHUSK®
25 g	sugar
10 g	salt
50 g	fresh yeast
1	egg
0.5 dl	oil
4.5 dl	water

Mix water, yeast, egg and oil in a bowl and stir well. Add the remaining ingredients and knead till the dough is smooth. Cover with a tea towel and leave to rise in a warm place for 20 minutes. Divide the dough into two pieces and shape as loafs. Place the loafs in a buttered baking tin and place on a tray. You can also place the loafs directly on a tray covered in poppy seeds, sesame seeds, oatmeal etc. Cover the dough with a tea towel again and leave to rise in a warm and moist place for approx. 50 min.
Bake in a preheated oven at 220° C/430° F for approx. 30 min. until golden brown. The longer you bake the bread the more crisp it becomes. Place the bread on a wire tray to keep it crisp underneath.
Tip: When placing the bread in the oven throw ½ a cup of water onto the oven floor just before closing the oven door. This gives the bread more volume and a shinier surface. For variation add 75 g kernels like sunflower seed, pumpkin seeds or linseed.

Marble Cake

Fat Reduced Marble Cake 2 pcs.

150 g	wheat flour
30 g	FiberHUSK®
10 g	baking powder
200 g	sugar
50 g	potato flour
200 g	oil
4	eggs
¾ dl	water
10 g	vanilla sugar
½ dl	blackcurrant juice
25 g	cocoa

Stir sugar, oil, FiberHUSK®, egg, water and vanilla sugar in a bowl and mix well to a homogeneous mass. Add flour, baking powder and potato flour (starch) through a sieve. Stir hard to a homogeneous mass. Take 1/3 of the dough and mix with the cocoa. Take 1/3 of the dough and mix with the blackcurrant juice. Butter and flour two baking tins and pour in layers of the 3 mixtures. The tins will only be approx. 1/3 full, as the dough rises quite high. **Bake in a preheated oven at 160-170° C/320-340° F for ca. 45 minutes**, depending on size and shape of the baking tins.
Tip: The cake mixture is also well suited for muffins. Fill small baking tins 1/3 with the mixture and **bake in a preheated oven at 180° C/355° F for approx. 20 minutes.**

Sandwich Bread

HUSK Buns

HUSK Buns 20 pcs.

650 g	wheat flour
250 g	wholemeal flour
20 g	FiberHUSK®
2½ dl	butter milk
5 dl	water
15 g	fresh yeast
15 g	sugar
10 g	salt
15 g	oil
1	egg

Heat up water and butter milk to 45°C/110°F (lukewarm). Stir in yeast, sugar and egg. Add flour and FiberHUSK® and knead lightly. Add oil and salt and knead. Cover the dough with a tea towel and leave to rise in a warm place for ca. 1 hour. Beat the dough and divide into 5 equal pieces. Shape each piece into 4 buns and place them on a baking tray. Brush the buns with egg and bake in a preheated oven at 200°C/390°F for approx. 20-25 minutes.

FiberHUSK®

is a water soluble fibre product consisting solely of pulverized husks from the Indian plant *Plantago ovata*.

By adding FiberHUSK® to your bread and pastry, the bread stays moist and fresh longer. Dietary fibres also further the digestive system by keeping the intestinal content soft and pliable.

Bread with a high content of fibres gives you a greater sense of fullness.

Should you have any questions or comments about the product or the recipes, you are welcome to contact us.



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Bag med
**Fiber
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Baking with FiberHUSK®