

## TURMERIC BUNS

16 pcs



### INGREDIENTS

Water	300 g
Soured milk product	100 g
Dried yeast	13 g
FiberHUSK®	20 g
Salt	7 g
Sugar (saccharose)	5 g
Rape-seed oil	9 g
Turmeric	10 g
Rye flour	100 g
Wheat flour	425 g
Oregano	1 tbsp

### FILLING

Red pepper	75 g
Green pepper	75 g
Ham, cubes or strips	150 g

Heat up the water to lukewarm and stir in the yeast and FiberHUSK®. Mix in the remaining ingredients, the flour a little at a time. Knead the dough thoroughly.

Cover the bowl and leave to rise in a warm place for 45 min.

Cut pepper and ham into small cubes. Beat the dough, add pepper and ham and knead the dough thoroughly.

Divide the dough into 16 pieces and shape them into buns.

Place the buns on a baking tray with baking paper and leave them to rise for 20 min. Brush the buns with a soured milk product and bake them at 200°C / 390°F for 20 min. Leave on a wire rack to cool.

Nutritional value	Per piece	Per 100 g
Energy	666 kJ / 158 kcal	793 / 188 kcal
Proteins	5.6 g	6.7 g
Fat	1.9 g	2.3 g
Carbohydrates	29.3 g	34.8 g
Fibre	3.2 g	3.8 g

Weight ca 84 g per piece

The recipe is based on Hanne Jensen's recipe "Munch buns" from the mini recipe book "Good bread - healthy bread" published by the Danish Diabetic Association.



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HUSK®**  
Extra fibres for baking

### FACTS ABOUT FIBERHUSK®

FiberHUSK® is a pure natural product containing 85% dietary fibres. Dietary fibres further the digestive system by keeping the intestinal content soft and pliable. Bread with large fibre content gives you a greater sense of fullness and also makes blood sugar levels rise more slowly. By adding FiberHUSK® to your bread and pastry you also improve the bread's ability to stay moist and fresh for longer.

You can use FiberHUSK® in both bread and cakes.

The recipes in this leaflet are prepared by catering officer Hanne Jensen. Fat, sugar and fibre content have been taken into consideration when preparing the recipes, so that the recipes can also be used by diabetics.

Try FiberHUSK® in other recipes where you would like higher fibre content. Add 20 gram FiberHUSK® to the recipe, plus 1 dl fluid per 500 gram flour used in the recipe.

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

FiberHUSK® is available at the pharmacy, in health shops and in some convenience stores.



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The recipes are also suitable for diabetics



## CHOCOLATE BUNS 20 pcs



### INGREDIENTS

Skimmed milk	350 g
FiberHUSK®	20 g
Dried yeast	11 g
Oatmeal	50 g
Dark chocolate (min 75% cocoa)	50 g
Sugar (saccharose)	10 g
Rape-seed oil	18 g
Egg	1
Wheat flour	325 g

Heat up the milk to lukewarm and stir in the yeast and FiberHUSK®. Leave for 5 min. Add the oatmeal and leave the FiberHUSK® mix for another 5 min. Chop the chocolate coarsely and add to the mixture. Add the remaining ingredients, the flour a little at a time. Knead the dough thoroughly. Cover the bowl and leave to rise in a warm place for ½ hour. Beat the dough and shape it into 20 buns. Place the buns on a baking tray with baking paper and leave to rise for ca 20 min. Bake the buns in the middle of the oven at 200°C /390°F for 15-20 min. Leave on a wire rack to cool.

Nutritional value	Per piece	Per 100 g
Energy	420 kJ / 100 kcal	1050 / 250 kcal
Proteins	3.0 g	7.5 g
Fat	2.5 g	6.2 g
Carbohydrates	16.0 g	40.0 g
Fibre	1.7 g	4.3 g

Weight ca 40 g per piece

The recipe is based on Hanne Jensen's recipe "Chocolate buns" from the mini recipe book "Good bread - healthy bread" published by the Danish Diabetic Association.

## CARROT TRIANGLES 24 pcs



### INGREDIENTS

Water	300 g
Low-fat junket	400 g
Dried yeast	13 g
FiberHUSK®	20 g
Salt	7 g
Sugar (saccharose)	5 g
Rape-seed oil	9 g
Sunflower seed	50 g
Oat bran	200 g
Whole grain flour	250 g
Wheat flour	425 g
Grated carrot	200 g

Heat up the water to lukewarm and stir in the yeast and FiberHUSK®. Leave for 5 min. Peel the carrots and grate them coarsely. Add the carrots and the remaining ingredients to the FiberHUSK® mixture, the flour a little at a time. Knead the dough thoroughly. Cover the bowl and leave to rise in a warm place for ca 1 hour. Beat the dough, divide it into 6 pieces and shape them into large buns. Cut each bun into 4 triangles, place them on a baking tray with baking paper and leave to rise for ca 15 min. Brush the triangle with a soured milk product and sprinkle with oat bran. Bake the triangles at 200°C /390°F for ca 30 min. Leave on a wire rack to cool.

Nutritional value	Per piece	Per 100 g
Energy	602 kJ / 143 kcal	860 / 204 kcal
Proteins	5.1 g	7.3 g
Fat	2.9 g	4.1 g
Carbohydrates	42.2 g	34.5 g
Fibre	3.4 g	4.9 g

Weight ca 70 g per piece

The recipe is based on Hanne Jensen's recipe "Carrot pieces" from the mini recipe book "Good bread - healthy bread" published by the Danish Diabetic Association.

## CINNAMON DANISH 20 pcs



### INGREDIENTS

Low-fat milk	3.5 dl
Fresh yeast	50 g
Sugar (saccharose)	10 g
Salt	3 g
FiberHUSK®	20 g
Egg	1
Wheat flour	400 g

### FILLING

Low-fat margarine	100 g
Castor sugar	30 g
Cinnamon	6 g

Heat up the milk to lukewarm and stir in the yeast and FiberHUSK®. Add the remaining ingredients, the flour a little at a time. Cover and leave to rise in a warm place for 30-60 min. Beat the dough and roll it out into a rectangular shape, 25x40 cm. Spread the margarine evenly on the surface and sprinkle with cinnamon and sugar. Roll the rectangle into a roll. Cut the roll into 20 pieces and place them on a baking tray with baking paper. Leave to rise for ca 30 min. Brush the cinnamon Danish with egg and bake at 170°C /340°F for 15-18 min. Leave on a wire rack to cool. When cooled the cinnamon Danish can be decorated with sugar free icing.

Nutritional value	Per piece	Per 100 g
Energy	590 kJ / 140 kcal	907 / 215 kcal
Proteins	4.3 g	6.6 g
Fat	3.4 g	5.2 g
Carbohydrates	22.8 g	35.0 g
Fibre	2.3 g	3.5 g

Weight ca 65 g per piece