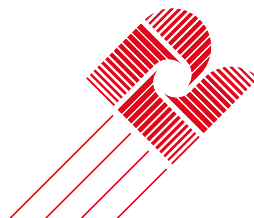


# Chia-Batta



R I E T M A N N



## Chia - Batta

### Recipe:

#### RIETMANN Chia-Batta **Mix**

RIETMANN Chia-Batta	kg	3.000
Water	kg	3.000
Wheat Flour	kg	10.000
Soaked RIETMANN Chia-Batta Mix	kg	6.000
RIETMANN - Xpert	kg	0.100
Salt	kg	0.020
Yeast (compressed)	kg	0.200
Olive Oil	kg	0.600
Water ca.	kg	6.000



## Chia - BAGUETTE

### Recipe:

#### RIETMANN Chia-Batta **Mix**

RIETMANN Chia-Batta	kg	3.000
Water	kg	3.000
Wheat Flour	kg	10.000
Soaked RIETMANN Chia-Batta Mix	kg	6.000
RIETMANN - Xpert	kg	0.100
Salt	kg	0.020
Yeast (compressed)	kg	0.200
Olive Oil	kg	0.600
Water ca.	kg	6.000



## Chia - ROLLS

### Recipe:

#### RIETMANN Chia-Batta Mix

RIETMANN Chia-Batta	kg	3.000
Water	kg	3.000
Wheat Flour	kg	10.000
Soaked RIETMANN Chia-Batta Mix	kg	6.000
RIETMANN Edelmalz or Edelmalz Cool	kg	0.350
Salt	kg	0.020
Yeast (compressed)	kg	0.300
Vegetable Oil	kg	0.600
Water ca.	kg	4.000

## Chia - BREAD

### Recipe:

#### RIETMANN Chia-Batta Mix

RIETMANN Chia-Batta	kg	3.000
Water	kg	3.000
Wheat Flour	kg	8.000
Rye Flour	kg	1.750
Soaked RIETMANN Chia-Batta Mix	kg	6.000
RIETMANN Dried Sourdough 100 TTA	kg	0.250
RIETMANN Roggenstabil	kg	0.200
Yeast (compressed)	kg	0.300
Water ca.	kg	5.700

## Chia - TOAST

### Recipe:

#### RIETMANN Chia-Batta Mix

RIETMANN Chia-Batta	kg	3.000
Water	kg	3.000
Wheat Flour	kg	10.000
Soaked RIETMANN Chia-Batta Mix	kg	6.000
RIETMANN Soft & Easy Toast	kg	0.150
Sugar	kg	0.300
Shortening	kg	0.300
Yeast (compressed)	kg	0.350
Water ca.	kg	4.000

## Chia - SANDWICH

### Recipe:

#### RIETMANN Chia-Batta Mix

RIETMANN Chia-Batta	kg	3,000
Water	kg	3,000
Wheat Flour	kg	10.000
Soaked RIETMANN Chia-Batta Mix	kg	6.000
RIETMANN Soft & Easy Toast	kg	0.150
Sugar	kg	0.300
Shortening	kg	0.300
Yeast (compressed)	kg	0.350
Water ca.	kg	4.000

Using Rietmann's breadmix Chia-Batta enables countless bread variations. When trendy super seeds meet traditional bread specialities from the Mediterranean, the result is a culinary delight. Chia seeds as a source of Omega-3-Fatty Acids even lend these bread specialities something extra:

$\alpha$ -linolenic acid supports the maintenance of normal heart health and maintains the cholesterol level of your blood.

The precondition for this positive effect is a daily intake of 2 g  $\alpha$ -linolenic acid respectively the consumption of approx. 170g Chia-Batta.

#### NUTRITIONAL VALUES:


Energy	990 kJ/234 kcal
Fat	2,3 g
- saturated fatty acids	0,2 g
- unsaturated fatty acids	0,3 g
- polyunsaturated fatty* acids	1,8 g
Carbohydrates	41,0 g
- Sugar	4,9 g
Dietary Fibers	4,7 g
Protein	10,0 g
Salt	1,2 g

\* Omega-3-Fatty Acids ( $\alpha$ -Linolenic Acid) 1,2 g/100 g

#### Ingredients Chia-Batta Mix

**Durum wheat semolina**, Chia Seeds (*salvia hispanica*), fat-reduced **sesame flour**, **malted whole wheat groats**, salt, **wheat gluten**, **dried wholemeal wheat sourdough**, dextrose, fat-reduced **wheat germs**, emulsifier lecithin (sunflower) E 322, enzymes, flour treatment agent ascorbic acid E 300



  
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