

# ARTIPAN OMEGA-3

Omega-3 is a ready-to-use mix for the preparation of a tasty and light multiseed bread. This Omega-3 bread contains a royal portion brown and yellow linseed, two vegetable sources of Omega-3 fatty acids, good for the condition of the heart and blood vessels. Furthermore this bread is also rich of oatbran, of which the soluble fibres help to control your cholesterol level. The salt reduced in sodium helps in controlling the blood pressure level.



## Recipe

Dough composition	Omega-3
Artipan Omega-3	1000 g
Water	570-590 g
Yeast	20 g

Contains salt

## Working Method

Kneading	Omega-3
Type spiral	2 min. slow, 6-8 min. fast

Dough temperature	25-26 °C
First proof	20 min.
Dividing	
Intermediate proof	20 min.
Mould the dough pieces	
Final proof	60-70 min.
Decoration	Put on the Ω-stencil and dust with ryeflour
Baking	40-45 min./235 °C