

Product: **Protein bread mix**

Ingredients: Flour (**sesame, almond**, gluten free **oats**), **egg powder**, fibre (psyllium, peas), pea protein, sweetener: erythritol (Sukrin), raising agent (bicarbonate, diphosphate) and mineral salt (sodium chloride, potassium chloride).

Nutritional information per 100 g finished bread:

Energy	576 kJ/138 kcal
Fat	5.1 g
- of which saturated	0.9 g
Carbohydrates	3.9 g
- of which sugar	0.0 g
Dietary fibre	7.5 g
Protein	15.4 g
Salt	1.3 g



Instructions:

- Preheat the oven to 175 °C.
- Mix the bag contents with 400 ml of water. (You may replace all, or part of the water with milk, yoghurt, sour cream or other dairy products. The total amount of liquid should be approx. 400 to 450 ml)
- Let the mix rest for about five minutes, and then form bread or rolls with damp hands. Place onto a baking tray lined with parchment.
- Bake for approx. 60 minutes in the oven; for rolls: 20-25 min.

The bread is best kept in a bag in the refrigerator, where it will last for 4 to 5 days. May also be sliced and frozen. One packet bakes a 600 g bread.

Available in **220 g box, carton of 8**

Shelf life: **18 months when stored in a dry place at room temperature.**

Country of origin: **Norway**