GrainEssentials® Multi-Grain Flour Blend

Bay State Milling makes it easy to deliver the benefits of whole grains and flax seed with great taste to any baking application. Whole wheat, oat and rye flours are milled for optimal performance and blended with golden flax seeds to deliver whole grains, fiber and omega-3 fatty acids for nutrition-packed grain-based foods.

Description
Tan colored, free-flowing powder granulation with brown flecks. Adds nutrition and fiber to a variety of applications including breads, rolls, wraps, tortillas, flatbreads, pizza crust, bars, snack foods and dry mixes.

Attributes
Delivers a finished product with light tan color and slightly nutty flavor.

Nutrition
- 83% whole grains
- 14% dietary fiber
- 2.5% soluble fiber
- 3.4% omega-3 fatty acids

Item #936001

For more information, contact a Bay State Milling sales representative at 1-800-55flour (1-800-553-5687).
www.baystatemilling.com
Multi-Grain Honey Pan Bread

Ingredients % Based on Flour

Sponge:
(f) GrainEssentials® White Whole Wheat Extra Fine Flour¹ 34.00
(f) GrainEssentials® Multi-Grain Flour¹ 20.00
(f) Vital Wheat Gluten 7.00
Dough Conditioners/Softeners 0.40
Dough Conditioners/Strengtheners 0.50
Instant Dry Yeast 1.60
Water 60.00

Dough:
(f) GrainEssentials® White Whole Wheat Extra Fine Flour¹ 40.00
Salt 2.20
Honey 8.00
Granulated Sugar 3.00
Molasses 2.50
Calcium Propionate 0.13
Instant Dry Yeast 0.75
Vegetable Oil 2.70
Ascorbic Acid 120 ppm
ADA 25 ppm
Water 10.00

Procedure:
1. Using a mixer fitted with a dough hook, add water and soybean oil to mixing bowl.
2. Mix for 1 minute on low speed and 12 minutes on medium speed or until dough is fully developed.
3. Divide and round into desired dough weight.
4. Process on flour tortilla equipment according to the equipment manufacturer’s directions.

Multi-Grain Flour Tortilla

Ingredients % Based on Flour

Sponge:
(f) Tortilla Flour¹ 65.00
(f) GrainEssentials® Multi-Grain Flour¹ 35.00
Salt 2.27
(f) Vital Wheat Gluten 1.00
Calcium Propionate 1.00
Sodium Bicarbonate 0.80
Sodium Aluminum Phosphate 0.64
Potassium Sorbate 0.40
Fumaric Acid 0.15
L-Cysteine 20 ppm
Vegetable Oil 8.00
Water 58.00

Procedure:
1. Using a mixer fitted with a dough hook, add water and soybean oil to mixing bowl.
2. Add dry ingredients on top of water and oil.
3. Mix for 1 minute on low speed and 12 minutes on medium speed or until dough is fully developed.
4. Divide and round into desired dough weight.
5. Process on flour tortilla equipment according to the equipment manufacturer’s directions.

See more great tasting grain-based formulations at www.baystatemilling.com

(f) denotes flour, ¹Bay State Milling Company