

**Basic Ingredients HomeBread**

# **Spelt Bread**



Spelt Flour is a "great uncle" of current wheat that has been grown for more than 6000 years. It is high in protein, and low in gluten.

→ **Not** suitable for coeliac customers.

*If in doubt, check with your Healthcare specialist before using Spelt.*

Spelt bread looks and tastes like wheat bread, but has a nuttier sweeter flavour. It is more nutritional than traditional wheat, and is often recommended in special diets. The gluten in Spelt are a lot easier to digest. The grain is protected during growth by a tough outer husk, which is only removed just prior to milling. Spelt is high in complex carbohydrates, iron, potassium and B vitamins

## **750g loaf size**

1 1/2 teaspoon Instant Yeast  
500g BI Homebread White  
Spelt Flour  
10g BI Homebreas Premium  
Bread Improver (2tsp)  
10g of Salt (2 tsp.)  
5g of Sugar (2 tsp.)  
1 tablespoon of Oil (20 ml.)  
300 ml of Water

## **600g loaf size**

1 1/4 teaspoon Instant Yeast  
375g BI Homebread White  
Spelt Flour  
7g BI Homebreas Premium  
Bread Improver (1.5tsp)  
7g of Salt (1.5 tsp.)  
4g of Sugar (1.5 tsp.)  
3 teapoons of Oil (15 ml.)  
220 ml. of Water

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**Nationwide Orderline: 1300 72 00 37**      **[www.homebread.com.au](http://www.homebread.com.au)**

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