

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

For Wholemeal Spelt, use as shown, but add 10-20ml water

Nationwide Orderline: 1300 72 00 37 www.homebread.com.au

© Basic Ingredients HomeBread 2002 BI5008