



*Bakels presents*

# MULTISEED



**BAKELS**

BAKERY INGREDIENTS SINCE 1904

*Multiseed*

## A VERSATILE BASE FOR HEALTHY BREADS

Health is on the consumer's minds more than ever before. The consumer is looking for products that in various ways provides good health and nutrition.

**Bakels Multiseed** with its healthy combination of oat flakes, wheat bran, sunflower seeds, flaxseeds, pumpkin seeds and sourdough, is an excellent choice to meet consumer demands. **Bakels Multiseed** provides the bread with several nutritional benefits and at the same time gives the product a full-bodied really good taste.

### *Healthy facts\**

65% of US consumers are looking for products with added functional ingredients in their every day products.

And 25% are consciously reaching for superfoods.

\*According to erry Proprietary Consumer Research Proactive Health, 2019



# LET'S TAKE A CLOSER LOOK AT THE HEALTHY CONTENTS OF MULTISEED

## THE PUMPKIN SEED

Pumpkin seeds are rich in antioxidants like carotenoids and vitamin E which contributes to the protection of cells from oxidative stress. They are also rich in magnesium, and healthy magnesium levels are important for blood pressure, blood sugar levels, as well as heart and bone health.

Another important nutrient, zinc, is also found in the pumpkin seed. This helps your immune system and metabolism to function. Zinc also contributes with maintenance of bones, hair, nails and skin and also your sense of taste and smell.

Pumpkin seeds contain Omega-3 fatty acids which are essential for the brain and nervous systems' function. They also have anti-inflammatory properties. Omega-3 fatty acids actually must come from your diet since the human body can't make them.

Iron, which is also found in pumpkin seeds helps to preserve many vital functions in the body, including general energy and focus, the immune system, and the regulation of body temperature.

The pumpkin seed is rich in phosphorus. Your body needs phosphorus for many functions, such as filtering waste and repairing tissue and cells. Phosphorus helps to keep your bones and teeth strong, it also helps you to produce energy and make sure that you maintain a regular heartbeat.

## THE FLAXSEED

For centuries, flaxseeds have been prized for their health-protective properties. Just one tablespoon provides a good amount of protein, fiber and omega-3 fatty acids, in addition to being a rich source of some vitamins and minerals. With so much fiber packed in each tiny seed, adding flaxseeds to your diet may promote regular bowel movements and improve your digestive health. The high fiber content of flaxseeds can also help lower cholesterol and may play an important role in improving the hearts condition.

The flaxseeds are rich in antioxidants which can help prevent disease by removing molecules called free radicals from the body. They are a rich source of the omega-3 fatty acid ALA. Plant-based ALA fatty acids are proven to have heart health benefits and are linked to a reduce in the risk of a stroke.

The seeds contain a group of nutrients called lignans, which have powerful antioxidant and oestrogen properties. They may help in preventing breast and prostate cancer, as well as other types of cancer. Flaxseeds have also been proven to lower blood pressure.

Food containing flaxseeds are a good source of plant-based protein and can be an alternative protein source for people who do not eat meat. Eating flaxseeds also helps you manage your weight by controlling your appetite.





## THE SUNFLOWER SEED

Sunflower seeds may be tiny, but they pack a nutritious punch. They are a great source of many vitamins and nutrients. The sunflower seed contains vitamin E, vitamin B-3, vitamin B-6 and selenium. Vitamin E helps prevent free radicals from damaging healthy cells in your body. The mineral Selenium is important for reproduction and DNA synthesis. It also helps to protect the cells from oxidative stress.

Niacin, also called vitamin B-3, may help lower cholesterol and reduce your risk of heart disease as well. Vitamin B-6 helps your body make norepinephrine and serotonin, chemicals which transmit brain signals. It may also ease symptoms of premenstrual syndrome (PMS).

In addition to all the useful vitamins, sunflower seeds contain a lot of fibre. Fibre helps keep your bowels moving smoothly and frequently and may also help lower cholesterol, manage blood sugar, and promote weight loss by the feeling of fullness.

Sunflower seeds also contain protein. Proteins are your cells' construction crew and they have the big task of creating, maintaining and repairing tissues in your body. Proteins are your body's building blocks for bones, muscle, cartilage, skin and blood.

## OATS & WHEAT BRAN

Wheat and oats are amazing crops that keep us full for a long time. Studies show that these two grains may have impacts such as weight loss, lower blood sugar levels and a reduced risk of heart disease.

Wheat bran is made from the shell layer of wheat grain. This consists largely of cellulose and other water-absorbing carbohydrates, so-called dietary fiber, which the body cannot assimilate on its own. Although they are not digestible, they still play a major role in the diet. They help to maintain regular bowel movements and affect nutrient uptake.

Oats are rich in carbohydrates and fibre, but also higher in protein and fat than most other grains. They they also contain many vitamins and minerals.

### *Healthy facts\**

Consumers look for foods that convey ideas of positive health and wellness, ethics, and the environment.

Consumers want their food to have an increasingly wide range of benefits.

Consumers will pay more for food that delivers the benefits it claims.

\*According to L.E.K. Consulting's 2018 food and beverage survey

## PRODUCT INFORMATION



### Packaging

20 kg bag



### Shelf life

8 months



### Storage

Dry conditions, not over normal room temperature (max 25°C, max 65% humidity)



### Certifications

Halal

Vegan

## PRODUCT RANGE

### BAKELS MULTISEED

The original product

**Art no** 3918

### BAKELS MULTISEED EMULSIFIER FREE

Free from emulsifiers

**Art no** 3939

### BAKELS MULTISEED PF

Palm free version

**Art no** 3961



# WHY YOU SHOULD CHOOSE BAKELS MULTISEED

## PRODUCT VALUES

- A healthy combination of sourdough, oat flakes, wheat bran, sunflower seeds, flaxseeds and pumpkin seeds.
- Contains a lot of fibre, and can with a simple recipe be turned into a bread with whole grains and go under a health claim\*.
- Very tasty with its wonderful taste of sourdough together with the flavour and texture provided by the seeds.

\*Depending on which country you are active in. No health claim i EU.

## ECONOMICAL VALUES

- Can be used in a wide variety of applications.
- Gives the same great results every time, which contributes to less waste and a safe production.
- With **Bakels Multiseed** you do not have to weigh up several ingredients yourself and therefore you save time and eliminate the risk of incorrect measurements.

## SOFT VALUES

- Gives you the opportunity to offer customers the healthy products they are looking for.
- We also offers **Bakels Multiseed** in a palm free version.



# MULTISEED BREAD

## INGREDIENTS

Bakels Multiseed	1000 g	50 %
Water	1000 g	50 %
Flour	1000 g	50 %
Bakels Dry Yeast	20 g	1 %

## PRODUCTS IN THE RECIPE

Art nr: Bakels Multiseed **3918**

Art nr: Bakels Dry Yeast **2972**

## METHOD

**Mixing time:** Mix all ingredients into a smooth dough. Normal mixing time.

**Dough temperature:** 26-28°C.

**Resting time:** 15 minutes.

**Fermenting time:** 37°C for approximately 60 minutes.

**Starting temperature:** 230°C.

**Steam:** approximately 20 seconds.

**Baking temperature:** 200°C.

**Baking time:** approximately 25 minutes.





## MULTISEED WHOLE GRAIN

### INGREDIENTS

Bakels Multiseed	1000 g	50 %
Water	1000 g	50 %
Whole grain flour	1000 g	50 %
Bakels Dry Yeast	30 g	1,5 %
Bakels Lecimax 2000	30 g	1,5 %

### PRODUCTS IN THE RECIPE

Art nr: Bakels Multiseed **3918**

Art nr: Bakels Lecimax 2000 **1941**

Art nr: Bakels Dry Yeast **2972**

### METHOD

**Mixing time:** Mix all ingredients into a smooth dough. Normal mixing time.

**Dough temperature:** 26-28°C.

**Resting time:** 15 minutes.

**Fermenting time:** 37°C for approximately 60 minutes.

**Starting temperature:** 230°C.

**Steam:** approximately 20 seconds.

**Baking temperature:** 200°C.

**Baking time:** approximately 25 minutes.



# MULTISEED CRISPREAD

## INGREDIENTS

Bakels Multiseed	1000 g	45 %
Water	1000 g	45 %
Wheat flour	1200 g	54 %
Bakels Dry Yeast	20 g	0,9 %
Dried dill	15 g	0,7 %
Salt flakes		

## PRODUCTS IN THE RECIPE

Art nr: Bakels Multiseed **3918**

Art nr: Bakels Dry Yeast **2972**

## METHOD

Mix the ingredients with a wing.  
6 minutes on slow speed and  
4 minutes on high speed.

Divide the dough into desired sizes  
and let the dough rest for 10 minutes.

Flour, roll down to 1 mm thickness  
and nail.

Roll the dough on a stick and roll  
out over a baking sheet, sweep off  
the flour.

Brush water and sprinkle with dill  
and salt flakes.

Cut in desired size.

Bake directly in 140°C for approximately  
25 minutes. They will come out dry and  
crispy. Can be baked with an open damper.

*Visit our website for  
more inspiration and recipe*

[www.bakelssweden.se](http://www.bakelssweden.se)



 **BAKELS**

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