

Orange fibre

Sun-ripened oranges give FRUTTI FIT valuable dietary fibre. Orange fibres are, just as in the case of apple fibres, vitalizing substances with a unique multi-functionality from the best fruit.

Pumpkin seeds

This delicious berry fruit was already cultivated by the Aztecs, Mayas and Incas. Pumpkin seeds not only have a pleasant nutty taste, they also provide important minerals and trace elements which support the metabolism. Over and above, substances with a cell protection function are also contained.

Apple fibre

Apples contain their own fruit ingredients which are conducive to health, among others apple fibre. Especially important for FRUTTI FIT is the high dietary fibre content of the apple fibre, and the corresponding balanced ratio of soluble and insoluble dietary fibres.

Lime juice

Lime juice adds a tangy tropical character to FRUTTI FIT.

Coarsely ground lupin seeds

The sweet lupin meets the highest demands within the human diet. For this reason we have re-discovered this plant as an ideal and natural source of protein for FRUTTI FIT. Its protein content lies at more than 40 %.

Dietary fibre

- is from valuable grain components, seeds and fruits
 - has a positive long-term effect on well-being and health
 - maintains the feeling of satisfaction for longer
 - supports digestion in a natural way
- The dietary fibre content of a loaf lies at more than 8 g per 100 g bread.

Oat bran and **wheat bran** supply ample dietary fibre power with a mild, nutty taste (oat bran has a high protein and mineral content).

Inulin is conducive to a positive intestinal flora and improves the absorption of minerals, such as calcium or magnesium.

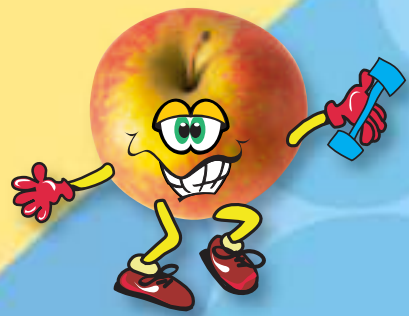
Frutti FIT



...with the power of 4 fruits




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Recipe

FRUTTI FIT

Wheat flour
Instant yeast
Water, approx.
Total weight

5,000 kg
5,000 kg
0,100 kg
7,200 l
17,300 kg

Mixing time: spiral: 6 minutes slow, 7 minutes fast
Dough temperature: 27 - 28° C
Bulk fermentation time: 20 minutes
Scaling weight: 580 g
Final proof: 45 - 50 minutes
Baking temperature: 240° C, giving steam, dropping to 200° C
Baking time: 35 - 40 minutes
Instructions for use: After the bulk fermentation time, scale dough pieces and mould long. Dampen the dough pieces and dip into fine oatmeal flakes, then place on setters or trays. Cut at 3/4 proof. Allow to prove for a further 5 minutes and load, giving steam.



...rich in dietary fibre
but still so light!



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