

Turmeric & Black Olive Multigrain

Ingredients:

Sonneveld Vitason Light Multigrain	1.000kg
Carr's Bakers Flour	1.000kg
Yeast	0.080kg
Turmeric Powder	0.020kg
Sliced Black Olives	0.250kg
Water	1.200kg

Method:

- Add all ingredients except black olives
- Mix for 3 mins slow and then 8 mins fast
- Add black olives mix 1 min slow
- Scale, mould and process as per normal cob or bloomer. If scaling at 500g, bake at 210°C for 35 mins



5 Seed Sourdough using WorkWith Sourdough Concentrate**Ingredients:**

Carr's Strong Flour	1.400kg
WorkWith Sourdough Concentrate	0.600kg
Yeast	0.040kg
Water	1.400kg
Pumpkin seed	0.100kg
Sunflower seed	0.100kg
Poppy seed	0.050kg
Chia seed	0.050kg
Linseed	0.050kg

Method:

- Mix all ingredients except seeds. 4 min slow, then 10 min fast
- Add seeds and mix 1-2 min slow
- Bulk ferment 1 hour
- Scale, mould and shape
- Prove at ambient for 2-3 hours
- For a 500g scale, bake at 220°C for 40 mins



Matcha Scone**Ingredients:**

Carr's Bakers Flour	1.000kg
Buttermilk	1.000kg
Baking Powder	0.058kg
Salt	0.015kg
Milk Powder	0.040kg
Matcha Powder	0.020kg
Sugar	0.040kg
Chives	0.007kg
Tarragon	0.003kg

Method:

- Blend all dry ingredients together. Add buttermilk and mix for 2 min on slow speed
- Add chives and tarragon. Mix on slow for 30 seconds
- Process as per normal scone. If scaling at 80g, bake at 220°C for 12 mins



Wheaten with Linwood's Sprouted Flaxseed & Cranberries

Ingredients:

WorkWith Wheaten Flour	0.450kg
Carr's Bakers Flour	0.550kg
Baking Soda	0.020kg
Salt	0.015kg
Linwood's Milled Sprouted Flaxseed	0.200kg
Dried Cranberries	0.100kg
Buttermilk	1.100kg

Method:

- Mix all dry ingredients together for 1 min
- Add buttermilk mix for 1-2 min
- Scale and bake. If scaling at 500g, bake at 210°C for 35 mins



Reduced Sugar Oat & Cinnamon Slice**Ingredients:**

Macphie Reduced Sugar Mississippi Muffin/Cake Mix	1.000kg
Water	0.425kg
Oil	0.235kg
Cinnamon ground	0.030kg
Rolled Oats	0.170kg

Method:

- Add all ingredients together except oats. Mix for 1 min on 1st speed then 5 mins on 2nd speed
- Add oats and blend thoroughly
- Deposit batter into baking tray
- Bake at 180°C for 35 min approx.
- Once cooled top with Macphie Reduced Sugar Rainbow Vanilla Frosting and sprinkle with toasted oats



Reduced Sugar Carrot & Pistachio Cake

Ingredients:

Macphie Reduced Sugar Mississippi Muffin/Cake Mix	1.000kg
Water	0.100kg
Oil	0.235kg
Cinnamon powder	0.030kg
Carrots grated	0.580kg
Pistachio chopped	0.120kg
Vanilla Essence	0.020kg

Method:

- Add all ingredients together mix for 1 min on 1st speed and 5 mins on 2nd speed
- Deposit batter into baking tray
- Bake at 180°C for 35 min
- Once cooled top with Macphie Reduced Sugar Rainbow Vanilla Frosting



Reduced Sugar Raspberry Mousse cake

Makes: 1 tray 60 x 20 cm

Ingredients:

Murbella TREND (reduced sugar shortbread base) 0.350kg

Braun Swiss Roll TREND (reduced sugar sponge) 0.500kg

Raspberry Mousse Reduced Sugar

Alaska Express Neutral TREND (reduced sugar) 0.150kg

Water 20 - 25°C 0.250kg

Frozen raspberries pulped 0.400kg

Macphie GlenDelight 0.900kg

Dissolve Alaska-express in water, add the fruit puree and fold into the GlenDelight

Decorating Gel

Water 0.100kg

Raspberry pulp 0.029kg

Sugar 0.005kg

Braun Kabi (powdered juice thickener) 0.010kg

Blend sugar with Kabi, add boiling water and mix in raspberry pulp

Method:

- Pin Murbella pastry base and bake at 180°C for 12 min
- Spread base with apricot jam
- Place a layer of Braun Swiss Roll TREND topped with a layer of raspberry mousse topped with a layer of swiss roll topped with a layer of raspberry mousse
- Finish with decorating gel



Reduced Sugar Baked Cherry Cheesecake

Makes 2 x 18cm Round Cakes

Ingredients:

Murbella TREND (reduced sugar shortbread base)	0.200kg
Sour Cream or Cream Cheese	0.500kg
Water approx 30°C	0.425kg
Egg	0.125kg
Cream Cheese Mix TREND (reduced sugar)	0.100kg
Custard KSK TREND (reduced sugar)	0.020kg
Sour cherries frozen	0.400kg
Braun Kabi (powdered juice thickener)	0.004kg
Almonds	0.060kg
Cinnamon sugar	0.015kg

Method:

- Pin Murbella pastry base and lightly bake for 6 mins at 180°C
- Slowly mix cream cheese, water, egg, Cream Cheese Mix and Custard KSK for 2 min
- Blend cherries with Kabi and fold into cream mix
- Spread cheese cake batter onto pastry
- Mix almond and cinnamon sugar and sprinkle on top
- Bake at 195°C for approx. 55min



Peanut Butter Energy Bites

Ingredients:

Peanut Butter 0.265kg

Honey 0.080kg

Vanilla Essence 0.010kg

Rolled oats 0.135kg

Desiccated Coconut 0.042kg

Salt Pinch

Water if needed

Scott's No Added Sugar Coatings (Milk, White and Caramel available)

Method:

- Mix together peanut butter, honey and vanilla
- Add oats, coconut and salt
- Add a little water if needed to bind
- Roll into balls
- Dip into melted Scott's No Added Sugar Coatings
- Put in fridge to firm up



Vitality Nut Bar

Ingredients:

Rolled Oats	0.240kg
Dates	0.400kg
Honey	0.090kg
Almond Milk	0.120kg
Peanut Butter	0.085kg
Mixed Nuts	0.085kg
Scotts No Added Sugar Coatings for dipping	

Method:

- Chop dates
- Add oats, peanut butter and mixed nuts
- Add honey
- Add almond milk slowly
- Flatten on a tray. Bake at 165°C for approx. 20 min
- Cut as desired
- Melt Scotts No Added Sugar coatings and dip bars as desired

