



Heritage Spelt Bread Mix

High in Vitamin D

AB | MAURI

PURE
ProGrains™

A timeless blend of white and wholemeal spelt flours.

Pure ProGrains' balanced combination of the ancient wholegrain, spelt, delivers a distinctive nutty flavour, with the blended white spelt supplying an appealing soft texture alongside excellent stability and a reliable volume.

As well as being a source of fibre and protein, this spelt mix is fortified with Vitamin D which not only helps to maintain bone and muscle health^{1,2}, but also supports our immune system³.

Claims*

- Source of Fibre
- Source of Protein
- Vitamin D Supports Bone and Muscle Health^{1,2}
- Vitamin D Supports the Immune System³
- Calcium Supports Digestive Health⁴

Recipe

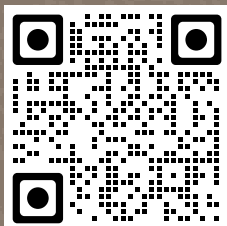
	Kg
Heritage Spelt Bread Mix	2.000
Water	1.190
Fresh Yeast	0.050
Total	3.240



DID YOU KNOW...

Spelt is a variety of ancient wholegrain wheat which has been cultivated for thousands of years and remains largely unchanged over time. Using wholegrain flours in bread recipes can increase the overall fibre content as they contain more fibre than refined white alternatives. The NHS suggests choosing higher fibre breads and wholegrains to improve our dietary fibre intake⁵.

Our main source of vitamin D is sunlight, when UV rays hit our skin, vitamin D is formed. However, in the autumn and winter months we struggle to make enough therefore we rely on obtaining vitamin D through dietary sources or supplements. Sources include oily fish, red meat, liver, egg yolks and some fortified foods⁶.




www.purecraft-abmauri.com

purecraft@abmauri.com

01604 973630

 @purecraft_abm

 @purecraft_abm

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¹ High in Vitamin D. Vitamin D contributes to the maintenance of normal bones. ² Vitamin D contributes to the maintenance of normal muscle function. ³ Vitamin D contributes to the normal function of the immune system. ⁴ High in calcium. Calcium contributes to the normal function of digestive enzymes. ⁵ <https://www.nhs.uk/live-well/eat-well/digestive-health/how-to-get-more-fibre-into-your-diet/> ⁶ <https://www.nhs.uk/conditions/vitamins-and-minerals/vitamin-d/>

*The above health claims are relevant for bread baked in accordance with the recipe provided. The recipe provided has been analysed to ensure compliance with these claims, certificates are available on request. The customer shall be responsible for any and all nutrition or health claims intended for use in food labelling or advertising targeted towards consumers and shall ensure that such claims comply with all applicable laws, regulations and marketing conditions, including without limitation, regulation (EC) 1924/2006.