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# Gluten-free ancient grains sprouted bread (Vollkornbrot)

with Xanthan Gum

Ingredients	Quantity		Baker's percentage
<b>Dough</b>			
1 Teff flour	18.34 %	212.00 g	53.27 %
2 Brown rice flour	6.15 %	71.00 g	17.84 %
3 Golden flaxseed flour	6.15 %	71.00 g	17.84 %
4 Sweet white rice flour	3.81 %	44.00 g	11.06 %
5 Xanthan Gum FNST	1.19 %	13.80 g	3.47 %
6 <b>sub4salt® N1000</b>	0.75 %	8.70 g	2.19 %
7 Glucono-delta-Lactone	0.57 %	6.60 g	1.66 %
8 Sodium Bicarbonate	0.26 %	3.00 g	0.75 %
9 Yeast	1.13 %	13.00 g	3.27 %
10 Raw honey/granulated sugar	3.72 %	43.00 g	10.80 %
11 Cider vinegar	1.56 %	18.00 g	4.52 %
12 Water	31.90 %	368.40 g	92.56 %
<b>Sprouted inclusions</b>			
13 Millet	12.99 %	150.00 g	37.69 %
14 Quinoa	3.68 %	42.50 g	10.68 %
15 Lentils	3.68 %	42.50 g	10.68 %
<b>Topping</b>			
16 Pumpkin seeds	3.68 %	42.50 g	10.68 %
17 Sesame seeds	0.43 %	5.00 g	1.26 %
Total	100 %	1155 g	290.20 %

## Directions

- 1 Combine millet, quinoa, lentils and 475 g of water in a bowl, cover with plastic wrap and let soak at room temperature for 24 hrs
- 2 Quinoa, lentils and millet will start to sprout, drain through a fine mesh strainer and return to bowl and cover with plastic
- 3 Spray loaf pan with vegetable oil
- 4 Combine warm water with yeast and honey/granulated sugar and let sit until bubbly, 15 min
- 5 Using a stand mixer fitted with a paddle, mix flours (teff, brown rice, golden flaxseed, sweet white rice, psyllium, xanthan gum, sub4salt®, glucono-delta-lactone, sodium bicarbonate), on low speed (2) until combined for 2 min
- 6 Slowly add yeast mixture and vinegar into the flour mix, combine at low speed (2) for 1 min
- 7 Add drained ancient grains (quinoa, millet) and pulse (lentil) and mix at slow speed (2) for 1 min
- 8 Increase speed to medium shear (6) for 6 min
- 9 Using a spatula, transfer dough to oiled baking tins
- 10 Smooth top and shape dough
- 11 Proof at room temperature 21 °C / 80 % RH for 45 min
- 12 Spray water on loaf and sprinkle on top sesame seeds and roasted pumpkin seeds
- 13 Bake at 175 °C with steam for 90 min
- 14 Takeout of oven and let cool down for 2 hrs

## Nutrition Information

per 100 g (EU calculation)

Energy	270 kcal
Fat	6.00 g
of which saturated fat	0.50 g
Cholesterol	0 mg
Carbohydrates	45.00 g
of which sugar	4.00 g
Fibre	5.00 g
Protein	9.00 g
Sodium	260 mg

## Nutrition Claims

Gluten free

25 % sodium reduced



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Document revised in January 2025 by SALT Minerals GmbH. Original version was issued by Jungbunzlauer International AG. For further inquiries, please contact: [info@salt-minerals.com](mailto:info@salt-minerals.com). The information contained herein is meant to demonstrate how our products can be used. This formulation has been subjected to limited stability tests and has been shown to perform well. The given data are suggestions without any guarantee aimed to support customers' development.