

RED[®]
SQUARE

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POWERflax™

Golden

Low Carb Mix, Flax Rye Bread Base

1 Gram of Net Carbs per 50 g Slice

- **Low Fat (3 g fat per 50 g slice)**
- **High in Fibre (5 g per 50 g slice)**
- **High in Protein (12 g per 50 g slice)**
- **No Sugar Added (0 g Sugar per 50 g slice)**
- **All Natural, No Preservatives or MSG**
- **Egg and Dairy Free**

Ingredients: Golden ground flax, coarse rye meal, wheat gluten.

Storage: Keep POWERflax base in cool place or cooler for longer shelf life and fresher condition.

Directions:

- 1) Empty the 20 kg POWERflax base into the bread mixer.
- 2) Add 300 g salt and 454 g / 1Lb instant or 900 g / 2 Lbs of fresh yeast.
- 3) Blend the mixture for 2 minutes at low speed.
- 4) Pour 15 Litres of warm water (90 - 100F / 40C).
- 5) Mix 2 minutes on low and 8 minutes at high speed.
- 6) Pull the dough out and place on the work table / bench.
- 7) Scale dough to 950 g and form into loaves.
- 8) Divide dough into 70 - 100 g portions and form buns.
- 9) Proof loaves / buns for 25 - 30 minutes (105F / 40C) or until 50% volume increase.

Baking: Preheat oven to 375 - 400F (190 - 205C) and bake loaves for 30 - 45 minutes.

* Bake buns for 25 - 30 minutes.

Visit www.powerflax.com
for Recipes and Instructions

Weight: 20 kg / 44 lbs



Manufactured for/Manufacturée pour :
Perestroika Products Ltd. Burnaby, B.C. V5J 3L5

NUTRITION INFORMATION - NUTRITIONNELLE

Per 30 g (dry mix/mélange sec),
(50 g baked slice/tranche cuite)

Energy / Énergie	100 Cal 420 kJ
Protein / Protéines	12 g
Fat / Matières grasses	3 g
polyunsaturated / polyinsaturates	2 g
monounsaturated / monoinsaturées	0.5 g
saturated / saturés	0.3 g
cholesterol / cholestérol	0 mg
Carbohydrate / Glucides	6 g
dietary Fiber / fibres alimentaires	5 g
sugars / sucres	0 g
Sodium in dry mix / le sodium dans le mélange sec	10 mg
Potassium	145 mg

PERCENTAGE OF RECOMMENDED DAILY INTAKE POURCENTAGE DE L'APPORT QUOTIDIEN RECOMMANDÉ

Vitamin A / Vitamine A	0%
Vitamin C / Vitamine C	0%
Calcium / Calcium	4%
Iron / Fer	10%

*25 mg sodium as prepared / 25 mg sodium comme préparé

Permitted Claims at Retail

- Low Carbohydrate
- 1 g net carbohydrate / 50 g slice
- Low Fat - 3 g fat / 50 g slice
- High in Fibre - 5 g fibre / 50 g slice
- High in Protein - 12 g protein / 50 g slice
- No Sugar Added - 0 g Sugar / 50 g slice

Other claims allowed are:

- All Natural, No Preservatives, No MSG
- Eggs and Dairy Free



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