



## Basic Recipe – Fibrex in Wholemeal Digestive Biscuits

The basic recipe below can be varied with three different admixtures of Fibrex.

### Formulation

---

#### Ingredient

---

Shortening (100% fat)	6.5 Kg
Lecithin	0.1 Kg
Syrup (light)	1.2 Kg
Sugar	6.5 Kg
Flour	20 Kg
Wholemeal flour	5 Kg
Fibrex 600	
Salt	0.350
Ammonium Carbonate	0.100 Kg
Bicarbonate	0.450 Kg
Citric Acid	0.100 Kg
Butter-Vanilla Aroma	0.040 Kg
Water	3 Kg

---

No. 1 = 9.0 mm	The recipe as above gives a dietary fibre content of about 5%
No. 2 = 9.0 mm	2.5 Kg of flour are replaced by 3.0 Kg of Fibrex and will give a dietary content of about 10%
No. 3 = 8.0 mm	4.5 Kg of flour are replaced by 6.0 Kg of Fibrex and will give a dietary content of about 15%
No. 4 = 7.5 mm	7.5 Kg of flour are replaced by 9.0 Kg of Fibrex and will give a dietary content of about 20%

The more Fibrex in the recipe, the more ammonium carbonate has to be added.

The water absorption in the dough increases from recipe No. 1 = 3 litres to No. 4 = 4 litres.

Baking time:	11 minutes
Temperature:	300°C - 260°C - 200°C
Thickness:	No. 1 = 9.0 mm No. 2 = 9.0 mm No. 3 = 8.0 mm No. 4 = 7.5 mm
Water Content:	2 - 4 %