GUIDELINE RECIPE

PROMOAT IN BREAD – HEALTH CLAIM

With *PromOat*® oat beta glucan *from Lantmännen*

- **Natural, clean label oat fibre**
- **PromOat® has a significant beta glucan content at 34%**
- **1g of beta glucan should be consumed per portion and 3g of beta glucan should be consumed per day to achieve a cholesterol reduction.**

There is a strong drive to improve the health of the nation by improving the functional offering in products that we eat on a regular basis rather than in a supplement format. Beta glucan is one such material that can enhance breads and offer a cholesterol reduction claim when the appropriate inclusion level is achieved.
PromOat® can be used successfully in bread recipes without impacting the structure or texture of the final product.

Recipe	Control	PromOat®
Ingredients / Raw Materials	%	%
Wheat flour	58.46	53.81
Water	37.74	37.74
PromOat® Beta Glucan		4.66
Margarine	1.93	1.93
Salt	0.89	0.89
Dried Yeast	0.98	0.98
TOTAL	100.00	100.00

Processing Steps:

1. Warm water to 30°C and put in stand mixer
2. Add margarine and yeast on top of water
3. Add flour, salt and PromOat on top
4. Knead for 2 minutes on medium speed
5. Increase speed and knead for 7 mins
6. Let dough rest at room temperature for half an hour
7. Knead for a few mins then place in loaf pan
8. Let rest for 30 mins
9. Preheat oven to 200°C
10. Bake in preheated oven for 30-35 mins until golden and sounds hollow

Benefits and Characteristics:

PromOat® is a creamy white and neutral tasting powder that integrates well into recipes. PromOat® can also be used as a biding agent and can improve moisture management in products which has benefits in bread products.

A 60g portion of bread (2 medium slices) contains 1.05g beta glucan and thus a cholesterol reduction claim can be made.

To reach this claim, it is sufficient to have 1g beta glucan per portion. The consumer then needs to be informed that 3g of beta glucan should be consumed per day in order to meet the claim.

Application Photo:



Email: info@healy-group.com

This recipe is for development use only. Due to difference in materials and processing, we recommend testing in your own setting following consultation with our team.

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Jan 2025

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HEALY GROUP

Indicative Ingredient Declaration:

Ingredient Declaration – Control:

Wheat Flour (**Wheat** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Margarine (Vegetable Oils in varying proportions (Rapeseed, Palm, Sunflower), Water, Salt, **Buttermilk**, Preservative (Potassium Sorbate), Emulsifier (Mono and Diglycerides of Fatty Acids), Acid (Citric Acid), Flavourings, Vitamin A and D, Colour (Carotene)), Yeast, Salt

Ingredient Declaration - PromOat®:

Wheat Flour (**Wheat** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Oat Fibre or Oat Beta Glucan, Margarine (Vegetable Oils in varying proportions (Rapeseed, Palm, Sunflower), Water, Salt, **Buttermilk**, Preservative (Potassium Sorbate), Emulsifier (Mono and Diglycerides of Fatty Acids), Acid (Citric Acid), Flavourings, Vitamin A and D, Colour (Carotene)), Yeast, Salt

*Allergens in **bold**

Nutrition:

Nutritional Data: /100g (Calculated)#	Control	PromOat®
Energy kJ	1,038	1,031
Energy k Cal	244	242
Fat	2.4	2.7
Of which saturates	0.7	0.7
Carbohydrates	52.6	50.6
Of which Sugar	0.4	0.5
Fibre	2.6	4.5
Protein	6.3	6.0
Sodium	0.397	0.400
Equivalent as Salt	1.017	1.026
UK HFSS Score	2	0

#10% Bake Loss



Notes:

(5.18% PromOat contains 1.05g Beta Glucan per 60g portion size to be able make the claim)

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