

## N.01 - THE BASIC



### Ingredients

buckwheat flour\* 49%, sunflower seed flour\*, golden flaxseed meal\*, psyllium husk\*, coconut flour\*, pea protein\*.  
(\*from organic farming)

nutritional facts per 100 g calories 342, 5.2 g total fat, 41 g carbohydrates, 20 g fiber, 23 g protein, 0.02g salt

## ORGANIC BUCKWHEAT BREAD

500g

A classic neutral walnut bread with the slightly tart note of buckwheat. Ideal as a break roll, or as an accompaniment to salads of all kinds, as well as hot and cold dishes.

500 g	<b>buckwheat bread mix</b>
2 tsp	salt
6 tsp	baking powder (1 envelope)
6 Tbl	apple cider vinegar
3 Tbl	olive oil
120 g	<b>walnuts, roughly chopped</b>
660 g	hot or boiled water (at least 55°C/131°F)

**for 12 walnut rolls** Add to 500 g of baking mix salt, baking powder and walnuts. Add 660 g of hot water, apple cider vinegar and oil and mix with the help of a wooden stirring spoon or a food processor to form an even dough. Do not knead for long. Form 12 rolls. Press into buckwheat groats and place on a baking sheet lined with baking paper. Bake at **220°C (428°F) top/bottom heat 2nd rail from the bottom for 10 min with steam, release steam and finish baking for another 25-30 min.**

## N.02 - THE HIGH PROTEIN



### Ingredients

chickpea flour\* 40.5%, sunflower seed flour\*, golden flaxseed meal\*, pumpkin seeds\*, sunflower seeds\*, psyllium husk\*, coconut flour\*, pea protein\*, coriander\*, turmeric\*. (\*from organic farming)

nutritional facts per 100 g calories 390, 14 g total fat, 28 g carbohydrates, 22 g fiber, 28 g protein, 0.02 g salt

## ORGANIC HUMMUS HIGH PROTEIN BREAD

500g

The Hummus High Protein Bread is a spiced bread with coriander, black cumin and turmeric. An ideal meal on its own or as an accompaniment to neutral salads and other dishes.

500 g	<b>hummus high protein breadmix</b>
2 tsp	salt
6 tsp	baking powder (1 envelope)
6 Tbl	apple cider vinegar
3 Tbl	olive oil
1 tsp	<b>black seed</b>
580 g	hot or boiled water (at least 55°C)

**for 10 rolls** Add to 500 g of baking mix salt, baking powder and black cumin. Add 580 g of hot water, apple cider vinegar and oil and mix with the help of a wooden stirring spoon or a food processor to form an even dough. Do not knead for long. Form 10 rolls. Sprinkle with a little black cumin, and place on a baking sheet lined with baking paper. Bake at **220°C (428°F) top/bottom heat for 10 min with steam, release steam and finish baking for another 25-30 min.**

## N.03 -THE SPICED



### Ingredients

potato starch, rice flour, whole brown millet flour, pumpkin seeds, sunflower seeds, flaxseed meal, red quinoa, psyllium husks, flaxseed, coconut flour, sea salt, herb mixture 1% (coriander, fennel, caraway, sesame clover, thyme), locust bean gum.

nutritional facts per 100 g calories 350, 9.6 g total fat, 46.6 g carbohydrates, 17.9 g fiber, 10.2 g protein, 1.9 g salt

## HERBS MOUNTAIN BREAD

500g

The Herbs Mountain Bread is a very individual, spicy grain bread, which is given a slightly tangy aroma by ingredients such as brown millet wholemeal flour and quinoa seeds. Herbs such as thyme and pungent clover round off the classic bread spices coriander, fennel and caraway.

500 g	<b>herbs mountain breadmix</b>
15 - 20 g	fresh yeast or
5 - 7 g	dry yeast (1envelope)
480 g	water
1 Tbl	olive oil

**for 10 rolls** Knead 500 g of baking mix, water and yeast for 10 min, last 3 min add oil. Let dough rise in a warm place (22-25°C/77°F) covered with a damp cloth or foil for 1-2 h, form 10 rolls and place on a baking tray with baking paper, let rise for another ¾ - 1 h covered with damp cloth or foil. Bake at **240°C (464°F) top/bottom heat 2nd rail from the bottom for 10 min with steam, release steam and finish baking at 230°C (446°F) for another 10-15 min.**

**MORE THAN FOOD, MORE THAN BREAD**  
**5LOB - FIVE LOAVES OF BREAD**

**The vision**

The idea behind 5LoB - five loaves of bread - is based on one thought: To meet people's need for the staple food of bread in a modern way.

**Gluten and lactose-free**

Modern how? All 5LoB bread mixes are 'free from'. That means they are - without exception - lactose-free, gluten-free, sugar-free, preservative-free and additive-free. The way modern bread should be.

**Vegan and high in protein**

All 5LoB baking mixes contain only the highest quality ingredients, made to our own recipes in a small gluten-free mill in South Tyrol. All 5LoB mixes are vegan and easy to make, even in a bread machine. Rich in protein, they contribute to a healthy diet.

**Five breads for five continents**

The breads have one thing in common: carefully selected ingredients, including flavours typical of each of the five continents of our planet Earth.

**The Taste of Earth**

The name 5LoB was chosen with a purpose, with a message. We wanted the name to remind our fellow bread lovers of the biblical story of the feeding of the 5000. Just five loaves and two fish were enough to feed everyone.

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**N.04 - THE NEUTRAL**



**Ingredients**

potato starch, rice flour, whole brown millet flour, golden flaxseed meal, sesame seeds 6.9%, psyllium husks, coconut flour, sea salt, locust bean gum.

**nutritional facts per 100 g calories 338, 5.2 g total fat, 59 g carbohydrates, 12.2 g fiber, 7.8 g protein, 2.44 g salt**

**SESAME BREAD**

**500g**

The Sesame Bread is our „neutral“. It goes well with sweet or savoury dishes, fondue, Asian food or simply as an accompaniment to a meal.

<b>500 g</b>	<b>sesame bread mix</b>
15 - 20 g	fresh yeast or
5 - 7 g	dry yeast (1envelope)
500 g	water
1 Tbl	olive oil or light sesame oil

**for 10 rolls** Knead 500 g of baking mix, water and yeast for 10 min, last 3 min add oil. Let dough rise in a warm place (22-25°C/77°F) covered with a damp cloth or foil for 1-2 h, form 10 rolls and place on a baking tray with baking paper, let rise for another ¾ - 1 h covered with damp cloth or foil. Bake at 240°C (464°F) top/bottom heat 2nd rail from the bottom for 10 min with steam, release steam and finish baking at 230°C (446°F) for another 10-15 min.

**N.05 - THE SWEET**



**Ingredients**

potato starch, rice flour, raisins 23%, whole brown millet flour 11.5%, golden flaxseed meal, psyllium husks, coconut flour, sea salt, locust bean gum, spices (cinnamon 0.3%, nutmeg, ginger).

**nutritional facts per 100 g calories 313, 1.7 g total fat, 63.2 g carbohydrates, 10.2 g fiber, 6.2 g protein, 0.9 g salt**

**CINNAMON RAISINS MILLET BREAD**

**500g**

The Cinnamon Raisins Millet Bread is an ideal snack - slightly sweet with warm spices like cinnamon, nutmeg and ginger, comparable to a classic „Cinnamon Raisins Bread“.

<b>500 g</b>	<b>cinnamon raisins bread mix</b>
15 - 20 g	fresh yeast or
5 - 7 g	dry yeast (1envelope)
470 g	water
1 Tbl	olive oil or neutral oil

**for 10 rolls** Knead 500 g of baking mix, water and yeast for 10 min, last 3 min add oil. Let dough rise in a warm place (22-25°C/77°F) covered with a damp cloth or foil for 1-2 h, form 10 rolls and place on a baking tray with baking paper, let rise for another ¾ - 1 h covered with damp cloth or foil. Bake at 240°C (464°F) top/bottom heat 2nd rail from the bottom for 10 min with steam, release steam and finish baking at 230°C (446°F) for another 10-15 min.

**THE TASTE OF EARTH**  
**- more than food, more than bread**

