

s 2016 0069

The invention relates to the food industry, namely to a process for producing functional bread enriched with dietary fibers.

The process, according to the invention, comprises mixing of highest-grade flour with a yeast suspension, addition of an aqueous solution of common salt and inulin from chicory, kneading of the dough, its fermentation for 15 min, division of the dough into pieces with the formation of half-finished products, additional fermentation at a temperature of 40...43°C for 60 min and baking thereof, at the same time the inulin is taken in an amount of 2.0...3.0% by weight of flour.

Claims: 3