



7 Seeds Roll

Ingredients

Bread Flour	510g
Cold Water	600g
Mixed Seed	110g
Yeast	15g
Butter	15g
Bread Improver	9g
Salt	9g

7 Seeds :

Pumpkin, sunflower, poppy,
white sesame, black sesame,
rolled oat and linseed

Methods

1. Mixed all ingredients and add water gradually.
2. Perform a dough.
3. Portion up to 35-40g per rolls.
4. Baked at 200°C for 18 minutes.