



BANANA & Muesli ROLLS

These banana and muesli rolls make the perfect snack for sharing, from our Grains & Meals range!

INGREDIENTS

INGREDIENTS	WEIGHT
GROUP 1	
Mauri Seven Grain and Seed	0.750kg
Honey	0.100kg
GROUP 2	
Mauri Victory Premium Bakers Flour	3.750kg
Mauri Harvest Meal Premix	0.500kg
Mauri All Purpose Improver	0.050kg
Salt	0.100kg
Canola Oil	0.100kg
Mauri Instant Dried Yeast	0.075kg
Water	3.250kg
GROUP 3	
Diced Banana	1.000kg
Sunflower Seeds	For topping

PRODUCTS

36270 Seven Grain & Seed Mix 15kg; 75155 Victory Bakers Flour 12.5kg; 16957 Victory Bakers Flour 25kg; 82652 Harvest Meal Premix 10kg; 84257 All Purpose Improver 10kg; 60695 Instant Dry Yeast



10kg (500g pack); 35874 Instant Dry Yeast 10kg (5kg pack)

METHOD

1. Combine the Mauri Seven Grain and Seed with the honey on a baking tray.
2. Roast at 200°C for 5-10 minutes or until the grains and seeds are lightly toasted and golden.
3. Mix and develop all the ingredients in Group 1 and 2 for 2 minutes on first speed, followed by 5-7 minutes on second speed or until the dough reaches peak development.
4. Add the banana and fold through on first speed to evenly distribute throughout the dough.
5. Finished dough temperature should be about 28°C +/- 1°C.
6. Scale the dough into 350g pieces and round up. Cover and allow to rest for 5 minutes.
7. Using the rolling pin, sheet each dough piece out into ~20cm rounds.
8. Dip each round into sunflower kernels and use a scraper to cut the dough piece into 8 equal triangular portions prior to proving.
9. Prove for approximately 45 minutes (or until optimal proof height is reached) at 38°C and 80% RH.
10. Bake at 200°C with steam at the beginning of baking until the product is baked through.