The Bakers Guide To Using Australian Sweet Lupin Flour

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ROSEWOOD RESEARCH
Innovation in cereal & grain foods

Artisan FOOD SHED

Lupin Artisan Country Loaf

Recipe

	Product:	LFC Country Loaf		Group:	Artisan
✓	Dough Required	8.000 kg.		Water content:	79.69%
	Issue number:	1.01		Recipe by:	JH
	Last Update:	Fri 21-01-22	09:16:13	Issue Date:	18-Nov-21

GR.	INGREDIENTS	Recipe gr.	Flour %	Total %
3	Flour 12.5 % T55 Maximus Mauri	3,519	86.0%	43.99%
1	Levain Preferment 50 - 50	614	15.0%	7.67%
2	Water	2,529	61.8%	31.61%
3	Salt	82	2.0%	1.02%
	Barley malt flour EA	20	0.5%	0.26%
4	LFC Lupin flour	573	14.0%	7.16%
	Water	458	11.2%	5.73%
5	Water	205	5.0%	2.56%
		8,000	195.5%	100.00%

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Lupin Artisan Country Loaf

Recipe

	Product:	Levain Preferment 50 - 50		Group:	Ferments
✓	Leaven required	.7 kg.		Water content:	102.45%
	Issue number:	1.01		Recipe by:	JH
	Last Update:	Fri 21-01-22 09:16:13		Issue Date:	18-Nov-21

GR.	INGREDIENTS	Recipe gr.	Flour %	Total %
1	Bakers flour 10.5% T55	163	50.0%	23.26%
	Wholemeal flour 100 %	163	50.0%	23.26%
2	Levain 50 - 50 refresher	49	15.0%	6.98%
3	Water warm 35 @ °C	326	100.0%	46.51%
	18 - 22 hrs. cool dry place (21°C)			
	multiplyer 1 : 15			
	Total	700	215.0%	100.00%

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Lupin Artisan Country Loaf

Recipe

	Product:	Levain 50 - 50 starter		Group:	Ferments
✓	Flour required	.250 kg.		Water content:	141.11%
	Issue number:	1.01		Recipe by:	JH
	Last Update:	Fri 21-01-22	09:16:13	Issue Date:	18-Nov-21

GR.	INGREDIENTS	Recipe gr.	Flour %	Total %
1	Bakers flour 10.5% T55	125	50.0%	19.96%
	Rye Wholemeal flour	125	50.0%	19.96%
2	Macerated Sultana liquid	375	150.0%	59.88%
	Barley Malt flour EA	1	0.5%	0.20%
	2 days cool dry place (21 °C)			
	Total	626	250.5%	100.00%

Levain 50 - 50 refresher

1	Levain 50 - 50 starter	548	100.0%	92.08%
2	Bakers flour 10.5% T55	14	2.5%	2.30%
	Wholemeal flour 100 %	14	2.5%	2.30%
3	Water	19	3.5%	3.22%
	Barley Malt flour EA	1	0.1%	0.09%
	Refresh for the next 14 days			
	cool dry place (21°C)			
	Total	595	108.6%	100.00%

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Lupin Artisan Country Loaf

Recipe

	Product:	Macerated Sultana liquid		Group:	Ferments
✓	Liquid required	.500 kg.	Water content Flour content		N/A
	Issue number:	1.01		Recipe by:	JH
	Last Update:	Fri 21-01-22 09:16:13		Issue Date:	19-Jan-16

GR.	INGREDIENTS	Recipe gr.	Water %	Total %
1	Water @ 40 °C	500	100.0%	62.89%
2	Sultanas / Raisins	250	50.0%	31.45%
	Sugar	40	8.0%	5.03%
	Malt flour	5	1.0%	0.63%
	Store for 3 days @ 26 - 28 °C			
	in plastic food container			
	lid with holes			
	Total	795	159.0%	100.00%

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Lupin Artisan Country Loaf

Technical Info

Preferment: Levain Preferment 50 - 50								Time / Info
Mix	Type of mixer	Hobart						
	Length of time	3 min.						
Preferment	Time	18 - 22	hrs.					
	Temperature	21	°C					

Final dough								
Mixing	Type of mixer	Spiral Kemper		100 slow	200 fast			
	Dough temp.	26	°C					
	Water temp. required	tbd	°C					
	Hold back	group 3, 4 and 5						
	Length of time	1.0 min.	↺	slow premix				
		3.0 min.	↻	slow add water				
		4.0 min.	↻	fast				
	Autolyse	30 min.						
	Add	group 3 and 4						
	Length of time	1.5 min.	↻	Slow				
		add group 5 in stages						
		.5 min.	↻	Slow				
		1.5 min.	↻	fast				
		till clear window test						
Fermentation	Time	3	hrs.					
	Temperature	26	°C					
	Folds	5 X	30 min.	____	____	____	____	____
Mould	Divide	by hand	650 gr					
	Preshape	Point to point 2x						
	Proof / rest	20 min.						
	Mould	Vienna artisan style						
	Proofing device	Board between cloth rise flour						

Process Note: Option 1 Overnight process				
Retard	Overnight	18	hrs.	Time
		6	°C	Temperature
		65	%	Humidity
Proof Final	Recovery	30 - 45 min. @ ambient temp.		
	Proof	30 - 45	min.	
	Temperature	26'- 28	°C	
	Humidity	65	%	

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Technical Info

	Temperature	26 - 28 °C		
	Humidity	65 %		
Baking	Decorate @ slaches	bakers choice		
	Steam	yes	4 - 6 sec.	
Deck:	Flu	closed		
Polin electr	Settings	°C	Time	T - B %
	Start	250	3	50 - 50
	Intermediate	250	30	50 - 50
	Finish	240	5	50 - 50
	Time		38	min.
	Flu	open last 10 min.		

Process Notes:

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Artisan Breads - Baguette poolish

Recipe

Product:	LFC Baguette Poolish	Group:	Artisan
Dough Required	10.0 kg	Water content:	71.45%
Issue number:	1.01	Recipe by:	JH
Last Update:	Mon 17-01-22 12:38:58	Issue Date:	18-Nov-21

GR.	INGREDIENTS	Recipe gr.	Flour %	Total %
3	Banditcote 11.5% T55 (Laucke)	3,375	100.0%	33.75%
1	AFS Poolish	3,511	104.0%	35.11%
2	Water 1	1,354	40.1%	13.54%
4	Malt flour EA (Blue Lake Milling)	12	0.3%	0.12%
	Salt	94	2.8%	0.94%
	Yeast (Mauri)	6	0.17%	0.06%
5	LFC Lupin flour } Soaker	721	21.4%	7.21%
	Water } Soaker	577	17.1%	5.77%
6	Water 2	351	10.4%	3.51%
		10,000	296.3%	100.00%

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Artisan Breads - Baguette poolish

Recipe

Product:	AFS Poolish	Group:	Ferments
Sponge required	3.511 kg.	Water content:	110.00%
Issue number:	1.01	Recipe by:	JH
Last Update:	Mon 17-01-22 12:38:58	Issue Date:	18-Nov-21

GR.	INGREDIENTS	Recipe gr.	Flour %	Total %
1	Banditcote 11.5% T55 (Laucke)	1,500	90.0%	42.74%
	Wholemeal sieved (Mauri)	167	10.0%	4.75%
2	Yeast dried (Mauri)	2	0.1%	0.05%
	Malt flour EA (Blue Lake Milling)	8	0.5%	0.24%
3	Water	1,834	110.0%	52.23%
	Total	3,511	210.6%	100.00%

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Artisan Breads - Baguette poolish

Technical Info

Preferment				Time / Info
Mix	Type of mixer	Hobart		
	Length of time	3 min. 1st gear		
	Poolish temp.:	24 °C		
Preferment	Time	18	hrs.	
	Temperature	21	° C	
	Humidity	65	%	

Final dough				
Mixing	Type of mixer	Spiral Kemper	100 slow	200 fast
	Dough temp.	24	°C	
	Water temp. required	t b d	°C	
	Length of time	1.0 min.	↺	slow premix
		2.0 min.	↻	slow add water
			↻	fast
	Hold back	group 4 - 5 - 6		
	Autolyse	30 min.		
	Add	remaining ingredients		
	Length of time	2.0 min.	↻	Slow
		3.0 min.	↻	Fast
		add water in 2-3 stages		
	Bowl / Bench rest			
Fermentation	Time	2.5	hrs.	1 x fold after 1 hr.
	Temperature	24	°C	
		65	% Humidity	
Mould	Divide	by hand	450	
	Preshape	2x Point to Point		
	Proof / rest	15 - 20		
	Mould	Baguette 45 - 50 cm.		
	Proofing device	board between cloth + rice flour		
Proof Final	Time	45	min.	
	Temperature	26	°C	
	Humidity	65	%	
	Dry proof	10 min.	@ ambient temp.	

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Artisan Breads - Baguette poolish

Technical Info

Baking	Decoration	Score, bakers choice of shape and cut			
	Rest	5 min.			
	Steam	yes	2 - 3 sec		
Deck:	Flu	closed			
Polin electr	Settings	°C	Time	T - B %	
	Start	240	2	50 - 50	
	Intermediate	230	18	50 - 50	
	Finish	235	5	50 - 50	
	Time		25	min.	
	Flu	open last 10 min.			

Process Notes:

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Artisan Breads - Baguette poolish

Nutritional Info

Average Quantity	PerServe	Per100g
Energy	614kJ	959kJ
Protein	6.5g	10.2g
Total Fat	0.8g	1.3g
Saturated	0.1g	0.2g
Carbohydrate	29.5g	46.1g
Sugars	0.2g	0.3g
Sodium	270mg	421mg
Potassium	none	none
Dietary Fibre	2.6g	4.1g

Warnings: This food contains Wheat, Lupin

Ingredient Listing **(*) Indicates Gluten - containing cereals or soy**

Ingredients:
Poolish: (preferment (water, flour*, yeast)) (41.0%), flour* (wheat*, folic acid, vitamin B1 (thiamine), water , lupin flour (8.43%), sea salt (iodised), malt flour*, bakers yeast,

HACCP

Nett Weight (gms)	385
Size (mm)	550 x 85 x 65
Servings per Product	6 (4 slices + 2 ends)
Serving Size (gms)	64
APN	LFC
Date Marking	Best Before
Product Shelf Life	2 days in cool, dry, packed conditions
Recommended Retail Shelf Life	2 days
Recommended Freezing Conditions	Store @ or blow -15 C. Consume within 2 days after removing from freezer.
Recommended Frozen Life	1 month
Glycemic Index	

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Artisan Breads - Ciabatta Loaf

Nutritional Info

Average Quantity	PerServe	Per100g
Energy	658kJ	877kJ
Protein	7.1g	9.5g
Total Fat	0.9g	1.2g
Saturated	0.2g	0.2g
Carbohydrate	32.1g	42.7g
Sugars	0.2g	0.2g
Sodium	326mg	435mg
Potassium	none	none
Dietary Fibre	2.8g	3.7g

Warnings: This food contains Wheat, Lupin

Ingredient Listing **(*) Indicates Gluten - containing cereals or soy**

Ingredients:
Poolish: (preferment (water, flour*, yeast)) (43.2%), flour* (wheat*, folic acid, vitamin B1 (thiamine), water , lupin flour (7.72%), sea salt (iodised), bakers yeast,

HACCP

Nett Weight (gms)	600
Size (mm)	300 x 150 x 65 aprox
Servings per Product	8 (6 slices + 2 ends)
Serving Size (gms)	75
APN	LFC
Date Marking	Best Before
Product Shelf Life	5 days in cool, dry, packed conditions
Recommended Retail Shelf Life	2 days
Recommended Freezing Conditions	Store @ or blow -15 C. Consume within 2 days after removing from freezer.
Recommended Frozen Life	1 month
Glycemic Index	

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Artisan FOOD SHED

Multigrain - Sandwich Multigrain Dough

Recipe

	Product:	LFC Multigrain dough		Group:	Sandwich
✓	Dough required	10.000 kg		Liquid content:	75.00%
	Issue number:	1.01		Recipe by:	JH
	Last Update:	Wed 19-01-22	16:21:32	Issue Date:	19-Jan-16

From Scratch

GR.	INGREDIENTS	Recipe gr.	Flour %	Total %
1	Flour 12.5 % T55 Maximus (Mauri)	3,959	87.5%	39.59%
1a	Lupin flour LFC	566	12.5%	5.66%
	Water	452	10.0%	4.52%
2	White M 4% (Mauri)	181	4.0%	1.81%
	Yeast dry (Mauri)	45	1.0%	0.45%
	Gluten (Manildra)	90	2.0%	0.90%
3	Water	2,262	50.0%	22.62%
	Oil (Canola, Farmer Harvest)	181	4.0%	1.81%
4	Multigrain premix Laucke	1,131	25.0%	11.31%
	Water	1,131	25.0%	11.31%
	Total	10,000	221.0%	100.00%

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Multigrain - Sandwich Multigrain Dough

Recipe

	Product:	LFC Multigrain dough		Group:	Sandwich
✓	Dough required	10.000 kg.		Liquid content:	75.00%
	Issue number:	1.01		Recipe by:	JH
	Last Update:	Wed 19-01-22	16:21:32	Issue Date:	19-Jan-16

From Dough

GR.	INGREDIENTS	Recipe gr.	Dough %	Total %
1	Multigrain dough	8,982	100.0%	89.82%
2	Lupin flour LFC	566	6.3%	5.66%
	Water	452	5.0%	4.52%
	Total	10,000	111.3%	100.00%

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Multigrain - Sandwich Multigrain Dough

Technical Info

Final dough

Mixing	Type of mixer	Spiral Kemper		100 slow	200 fast
	Dough temp. required	24	°C		
	Water temp.	tbd	°C		
	Hold back	Group 1a & 4			
	Length of time	1.0 min.	↻	slow premix	
		2.0 min.	↻	slow add water	
		4.0 min.	↻	fast	
	Add	Group 1a & 4			
	Length of time	1.0 min.	↻	Slow	
		1.5 min.	↻	Fast	
Rest	Bowl / Bench	15 - 20 min.			
Moulding	Divide	by hand	700 gr		
	Preshape	point to point			
	Rest	25 - 30 min.			
	Mould	sandwich			
	Proofing device	sandwich tin: 235x115x115 (Tassie tin)			
Proof Final	Time	75 - 90	min.		
	Temperature	28 - 30	°C		
	Humidity	75	%		
Baking	Decoration	n/a			
	Steam	no			
Deck:	Flu	closed			
Polin electr	Settings	°C	Time	T - B %	
	Start	245	2	50 - 50	
	Intermediate	235	30	50 - 50	
	Finish	245	5	50 - 50	
	Time		37	min.	
	Flu				

Process Notes:

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White Sandwich

Recipe

Product:	LFC White Sandwich	Group:	Sandwich
Dough Required	6.300 kg.	Water content:	70.00%
Issue number:	1.01	Recipe by:	JH
Last Update:	Wed 19-01-22 17:22:27	Issue Date:	08-Nov-21

From Scratch

GR.	INGREDIENTS	Recipe gr.	Flour %	Total %
1	Flour 12.5 % T55 Maximus Mauri	3,084	87.5%	48.95%
1a	Lupin flour LFC	441	12.5%	6.99%
	Water	352	10.0%	5.59%
2	Wiite M 4%	141	4.0%	2.24%
	Yeast dry	26	0.8%	0.42%
3	Water Liters	2,115	60.0%	33.57%
	Oil	141	4.0%	2.24%
	Total	6,300	178.8%	100.00%

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White Sandwich

Recipe

Product:	LFC White sandwich	Group:	Sandwich
Dough Required	6.300 kg	Liquid content	70.0%
Issue number:	1.01	Recipe by:	JH
Last Update:	Wed 19-01-22 17:22:27	Issue Date:	08-Nov-21

From Dough

GR.	INGREDIENTS	Recipe gr.	Flour %	Total %
1	White dough	5,507	100.0%	87.41%
1a	Lupin flour LFC	441	8.0%	6.99%
	Water	352	6.4%	5.59%
	Total	6,300	114.4%	100.00%

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White Sandwich

Technical Info

Final dough

Mixing	Type of mixer	Spiral Kemper	100 slow	200 fast
	Dough temp.	24 °C		
	Water temp. required	tbd °C		
	Presoak 1 hr.	Lupin flour + water soaker (Grp 1a)		
	Hold back	Group 1a		
	Length of time	1.0 min.	↺	slow premix
		4.5 min.	↻	slow add water
	Add	Froup 1a		
	Length of time	1.0 min.	↻	Slow
		1.5 min.	↻	Fast
	Bowl / Bench rest	15 - 20 min.		
Mould	Divide	by hand	700 gr.	
	Preshape	hand scraper / point to point		
	Rest	30 - 35 min.		
	Mould / shape	sandwich		
		65 %	Humidity	
Proof Final	Time	75 - 90 min.		
	Temperature	28 - 30 °C		
	Humidity	75 %		

Baking	Decoration	n/a			
	Steam	no			
	Flu	closed			
Polin	Settings	°C	Time	T - B %	
Electr.	Start	240	2	50 - 50	
Deck	Intermediate	230	26	50 - 50	
	Finish	240	4	50 - 50	
	Time		32	min.	
	Flu	closed			

Process Notes:

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White Sandwich - Sandwich premix

Recipe

Product:	LFC White premix	Group:	Sandwich
Dough Required	8.000 kg.	Liquid content	69.5%
Issue number:	1.01	Recipe by:	JH
Last Update:	Thu 11-11-21 15:29:28	Issue Date:	08-Nov-21

GR.	INGREDIENTS	Recipe gr.	Flour %	Total %
1	Flour 12.5 % T55 Maximus (Mauri)	4,000	87.5%	50.00%
	Lupin flour LFC	571	12.5%	7.14%
	Wiite M 4% (Mauri)	183	4.0%	2.29%
	Yeast dried (Mauri)	46	1.0%	0.57%
4	Water	3,017	66.0%	37.71%
	Oil (Canola, Farmers Harvest)	183	4.0%	2.29%
	Total	8,000	175.0%	100.00%

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White Sandwich - Sandwich premix

Recipe

Product:	LFC White scratch	Group:	Sandwich
Dough Required	8.000 kg.	Water content:	72.00%
Issue number:	1.01	Recipe by:	JH
Last Update:	Thu 11-11-21 15:12:24	Issue Date:	08-Nov-21

gr.	Ingredients	Recipe gr.	Flour %	Total %
1	Flour 12.5 % T55 Maximus Mauri	3,933	87.5%	49.16%
	Lupin flour LFC	562	12.5%	7.02%
2	Salt	79	1.8%	0.98%
	Potato flour (Idaho)	90	2.0%	1.12%
	Yeast dried (Mauri)	45	1.0%	0.56%
	Sovereign Blue Improver (Allied)	31	0.7%	0.39%
	Mono fresh (Bakels)	13	0.3%	0.17%
	Malted Barley (Blue lake milling)	11	0.3%	0.14%
4	Water	3,056	68.0%	38.20%
	Vegetable oil (Canola, Farmers Harv	180	4.0%	2.25%
		8,000	178.0%	100.00%

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ROSEWOOD RESEARCH Innovation in cereal & grain foods
Artisan FOOD SHED

White Sandwich - Sandwich premix

Technical Info

Final dough

Mixing	Type of mixer	Spiral Kemper	100 slow	200 fast
	Dough temp.	24 °C		
	Water temp. required	°C		
	Length of time	1.0 min. ↺	slow premix	
		3.0 min. ↻	slow add water	
		4.5 - 5 min ↻	fast	
	Bowl / Bench rest	15 - 20 min.		
Mould	Divide	by hand	700 gr.	
	Preshape	hand scraper / point to point		
	Rest	30 - 35 min.		
	Mould / shape	sandwich		
	Proofing device	Baking tin, 235 x 115 x 115 (Tassie tin)		
Proof Final	Time	75 - 90 min.		
	Temperature	28 - 30 °C		
	Humidity	75 %		

Baking	Decoration	n/a		
	Steam	no		
	Flu	closed		
Polin	Settings	°C	Time	T - B %
Electr.	Start	250	2	50 - 50
Deck	Intermediate	230	28	50 - 50
	Finish	245	5	50 - 50
	Time		35min.	
	Flu	closed		

Process Notes:

- All the times, temperatures are to be used as guidance only as circumstances change from one bakery to the other and during the year

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White Sandwich - Sandwich premix

600gr Nutritional Info

Average Quantity	PerServe	Per100g
Energy	411kJ	1,100kJ
Protein	4.0g	10.6g
Total Fat	1.5g	3.9g
Saturated	0.6g	1.5g
Carbohydrate	16.2g	43.1g
Sugars	0.2g	0.5g
Sodium	173mg	460mg
Potassium	53mg	141mg
Dietary Fibre	1.7g	4.6g

Warnings: Nil

Ingredient Listing

(*) Indicates Gluten - containing cereals or soy

Ingredients:
Wheat flour (folic acid, vitamin B1 (thiamine)), Water, Lupin flour, Vegetable Oil, sea salt (iodised), soy flour*, sugar (cane), mineral salt (170, 516), emulsifier (481) vegan, vitamin C (300), raising agent (920) vegan , enzymes, Bakers yeast,

HACCP

Nett Weight (gms)	600
Size (mm)	235 x 110 x 110
Servings per Product	16 (16)
Serving Size (gms)	37.5
APN	LFC
Date Marking	Best Before
Product Shelf Life	5 days in cool, dry, packed conditions
Recommended Retail Shelf Life	2 days
Recommended Freezing Conditions	store @ or below -15C. Consume within 2 days after removing from freezer.
Recommended Frozen Life	1 month
Glycemic Index	

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Wholemeal Sandwich Bread

Recipe

Product:	LFC Wholemeal premix	Group:	Sandwich
Dough Required	5.000 kg.	Water content:	82.00%
Issue number:	1.01	Recipe by:	JH
Last Update:	Thu 11-11-21 15:43:33	Issue Date:	19-Jan-16

gr.	Ingredients	Recipe gr.	Flour %	Total %
1	Laucke wholemeal 100%	2,038	78.8%	40.75%
	Flour 12.5 % T55 Maximus Mauri	226	8.8%	4.53%
	Lupin flour LFC	323	12.5%	6.47%
	White M 4% (Mauri)	103	4.0%	2.07%
	Yeast dry (Mauri)	32	1.3%	0.65%
	Gluten (Manildra)	103	4.0%	2.07%
	Sugar castor (Bundaberg)	52	2.0%	1.03%
4	Water	2,018	78.0%	40.36%
	Oil canola	103	4.0%	2.07%
		5,000	193.3%	100.00%

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Artisan FOOD SHED

Wholemeal Sandwich Bread

Technical Info

Final dough

Mixing	Type of mixer	Spiral Kemper	100 slow	200 fast	
	Dough temp. required	24 °C			
	Water temp.	tbd °C			
	Length of time	1.0 min. ↻	slow premix		
		3.0 min. ↻	slow add water		
		7 - 7.5 min. ↻	fast		
Rest	Bowl / Bench	15 - 20 min.			
Moulding	Divide	by hand 700 gr			
	Preshape	point to point			
	Rest	25 - 30 min.			
	Mould	sandwich			
	Proofing device	sandwich tin: 235x115x115 (Tassie tin)			
Proof Final	Time	75 - 90 min.			
	Temperature	28 - 30 °C			
	Humidity	75 %			
Baking	Decoration	n/a			
	Steam	no			
Deck:	Flu	closed			
Polin electr	Settings	°C	Time	T - B %	
	Start	250	2	50 - 50	
	Intermediate	230	28	50 - 50	
	Finish	245	5	50 - 50	
	Time		35 min.		
	Flu				

Process Notes:

- All the times, temperatures are to be used as guidance only, circumstances
- change from one bakery to the other and during the year

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Wholemeal Sandwich Bread

600gr Nutritional Info

Average Quantity	PerServe	Per100g
Energy	413kJ	983kJ
Protein	4.7g	11.1g
Total Fat	1.7g	4.1g
Saturated	0.6g	1.5g
Carbohydrate	14.1g	33.5g
Sugars	0.3g	0.8g
Sodium	178mg	423mg
Potassium	none	none
Dietary Fibre	2.8g	6.6g

Warnings: This food contains Wheat, Lupin, Soy

Ingredient Listing (*) Indicates Gluten - containing cereals or soy

Ingredients:
wholemeal flour* (wheat*, folic acid, vitamin B1 (thiamine), water, lupin flour (7.40%), flour* (wheat*, folic acid, vitamin B1 (thiamine), vegetable oil, gluten*, sea salt (iodsed), soy flour*, sugar (cane), mineral salt (170, 516), emulsifier (481)vegan, vitamin C (300), raising agent (920) vegan, enzymes, bakers yeast, malt flour*,

HACCP

Nett Weight (gms)	600
Size (mm)	235 x 110 x 110
Servings per Product	14 (14 slices + 2 crust)
Serving Size (gms)	42
APN	LFC
Date Marking	Best Before
Product Shelf Life	5 days in cool, dry, packed conditions
Recommended Retail Shelf Life	2 days
Recommended Freezing Conditions	Store @ or blow -15 C. Consume within 2 days after removing from freezer.
Recommended Frozen Life	1 month
Glycemic Index	

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