



PULSE PREBIOTIC BREAD MIX

4 EASY-STEP RECIPE

STEP 1 - Mix 460g of premix with 7g dry yeast, 500mls (2 cups) warm water and 2 teaspoons of oil. Mix with a wooden spoon until combined.

STEP 2 - Now mix with a spiral mixer, 1 minute on slow and 5 minutes on fast.

STEP 3 - Line a 450g loaf tin with baking paper and pour mix in. Allow to prove in a warm place for an hour or until mix has risen to above tin level.

STEP 4 - Bake in an oven (225 C) for 30 minutes or until browned and firm. Allow to cool completely before slicing. Enjoy.



VEGAN PULSE BURGER

EASY MIX & COOK RECIPE

STEP 1 - (50g of premix to 60ml warm water) Mix 500g of premix with 500-600mls of warm water. Mix for 3-5 minutes until thick.



STEP 2 - Shape into patties (full amount will make approximately 11 patties depending on size you want).



STEP 3 - pour some oil into a frypan and cook until golden brown, a few minutes either side. Sit for a minute then serve. Enjoy.



GF PIZZA CRUST MIX

EASY MIX & COOK RECIPE

STEP 1 - Place a pizza stone in a cold oven. Pre-heat oven to 280 degrees C.

STEP 2 - Mix 430g premix, 200-250ml water, 7g yeast and 10g oil by hand or mixer, until combined. Extra oil or water may be required.

STEP 3 - Form into a ball and place on baking parchment.

Roll into a 14 inch (aprox. 35.5cm) round or 2, 10 inch (aprox 25.5cm) rounds. Prick crust all over with a fork.

Add your favourite toppings and cook for 8-10 minutes or until golden brown. Enjoy.

