



GOWELL® TASTY PROTEIN

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NO COMPROMISE ON TASTE AND TEXTURE.

With GoWell Tasty Protein, we have developed an innovative blend of four different plant proteins that fulfils these requirements. The protein mixture of fava bean, yellow pea, sunflower seeds and wheat not only have a high protein content of 60 %, this carefully balanced combination also provides a well-adjusted amino acid profile.

And in terms of flavour? Unlike conventional protein baked goods, GoWell Tasty Protein offers a real taste experience with its pleasant, neutral flavour without the typical off-taste of pulses. Specially developed for light-coloured baked goods, the product has a pleasantly short bite and a good mouthfeel.

The GoWell Tasty protein mix can be easily integrated into existing recipes. Due to the high protein content, a low dosage is sufficient to effectively increase the protein content in bread, rolls, fine baked goods and long-life baked goods. The low dosage also enables cost-effective production of the products.

HIGH
PROTEIN
CONTENT

with a content of
60 %

BEST
FLAVOUR

pleasant, slightly
nutty taste

EASY TO
PROCESS

without major adjustments
of the recipe

COST-
EFFICIENT

low dosage due to the high
protein content

CLAIMS

High in protein, clean
label and vegan

SUSTAINABLE

with side stream ingredients that
reduce environmental impact

WITH THE POWER OF FOUR PLANT-BASED PROTEINS

The trend towards a health-conscious diet shows no sign of slowing down. Protein-rich foods are particularly popular with consumers and are the second most attractive ingredient.

42 %

of consumers even name „protein“ as the most important ingredient.

Proteins are essential building blocks for cells, tissue, enzymes, hormones and antibodies and they provide energy. The decisive factor for a balanced, protein-rich diet is not the absolute quantity of protein, but its quality, i.e. amino acid composition and digestibility. Ideally, the protein intake should be covered by both animal and preferably plant-based foods.

CEREALS, LEGUMES AND OIL-SEEDS LIKE SEEDS AND KERNELS,

among others, are sources of high-quality plant-based protein.

PROTEIN SOFT-BREAD

Ingredients for dough

| | |
|--|-----------------|
| Wheat flour, German type 550 (all-purpose flour) | 7,300 g |
| GoWell Tasty Protein | 2,000 g |
| Slow Milling Roggenmalz-Flocken | 700 g |
| GOOD Super Fresh | 50 g |
| Sunflower seeds | 500 g |
| Sugar | 300 g |
| Vegetable oil | 300 g |
| Yeast | 400 g |
| Salt | 180 g |
| Water (approx.) | 5,300 g |
| Total dough | 17,030 g |

Processing

| | |
|-----------------------------|---|
| Dough temperature | 26 °C |
| Mixing time in spiral mixer | Low speed 3 minutes High speed 5 minutes |
| Dough rest | 10 minutes |
| Weight of dough piece | 600 g |

Make-up

Mix all the ingredients into a homogeneous dough. After the dough has rested, weigh, round, and leave it to relax briefly. Then, shape it into an oblong form, roll it in decorations, place it in trays, set it to proof, and bake.

| | |
|----------------------|---|
| Decoration | Slow Milling Kartoffelflocken, sunflower seeds |
| Final proofing | ¾ proof, then bake with a slight steam injection |
| Baking temperature | 230 °C (10 °C under baking temperature for rolls) falling to 190 °C |
| Baking time, approx. | 35 minutes |
| Venting | 1 minute before the end of the baking process |



PROTEIN BUN

Ingredients for dough

| | |
|--|-----------------|
| Wheat flour, German type 550 (all-purpose flour) | 8,000 g |
| GoWell Tasty Protein | 2,000 g |
| GOOD Brioche 3 % | 300 g |
| Sugar | 300 g |
| Vegetable oil | 300 g |
| Yeast | 500 g |
| Salt | 150 g |
| Water (approx.) | 5,800 g |
| Total dough | 17,350 g |

Processing

| | |
|-----------------------------|---|
| Dough temperature | 26 °C |
| Mixing time in spiral mixer | Low speed 3 minutes High speed 5 minutes |
| Dough rest | 10 minutes |
| Weight of dough piece | 65 g |

Make-up

Make a well-kneaded dough from all the ingredients. After the dough has rested, scale and round it, then place it on bun baking trays for proofing. After proofing, spray with a glossy coat, sprinkle with decorations if desired, and bake.

| | |
|----------------------|--|
| Decoration | Slow Milling Goldkruste |
| Final proofing | full proof |
| Baking temperature | 260 °C (20 °C over baking temperature for rolls) |
| Baking time, approx. | 7 minutes |
| Venting | 1 minute before the end of the baking process |



PROTEIN BAGEL

Ingredients for dough

| | | |
|--|--|-----------------|
| Wheat flour, German type 550 (all-purpose flour) | | 7,300 g |
| GoWell Tasty Protein | | 2,000 g |
| Slow Milling Roggenmalz-Flocken | | 700 g |
| GOOD Brioche 3 % | | 150 g |
| Sunflower seeds | | 500 g |
| Sugar | | 300 g |
| Vegetable oil | | 200 g |
| Yeast | | 400 g |
| Salt | | 180 g |
| Water (approx.) | | 5,600 g |
| Total dough | | 17,330 g |

Processing

| | | |
|-----------------------------|-------------------------|------------------------|
| Dough temperature | | 26 °C |
| Mixing time in spiral mixer | Low speed High speed | 3 minutes 5 minutes |
| Dough rest | | 10 minutes |
| Weight of dough piece | | 70 g |

Make-up

After the dough has rested, weigh it, round it, and roll it out long. Fold the ends together and roll it up again. Moisten the surface and press it into the decoration. Place the dough on baking trays to proof.

| | |
|----------------------|---|
| Decoration | Slow Milling Crusty Crust WHITE, sunflower seeds |
| Final proofing | ¾ proof, then bake with a slight steam injection |
| Baking temperature | 230 °C (10 °C under baking temperature for rolls) |
| Baking time, approx. | 10 minutes |
| Venting | 1 minute before the end of the baking process |



PROTEIN TOASTABLE



Ingredients for dough

| | |
|--|-----------------|
| Wheat flour, German type 550 (all-purpose flour) | 8,200 g |
| GoWell Tasty Protein | 1,800 g |
| Wheat gluten | 300 g |
| GOOD Super Fresh | 50 g |
| Sodium di-acetate | 40 g |
| Vegetable oil | 200 g |
| Yeast | 500 g |
| Salt | 180 g |
| Water (approx.) | 6,700 g |
| Total dough | 17,970 g |

Processing

| | |
|-----------------------------|---|
| Dough temperature | 30 °C |
| Mixing time in spiral mixer | Low speed 3 minutes High speed 5 minutes |
| Dough rest | 10 minutes |
| Weight of dough piece | 60 g |

Make-up

Make a well-kneaded dough from all the ingredients. After the dough has rested, weigh it out, round it, roll it in decorations, place it in molds with lid to proof, and then bake.

| | |
|----------------------|--|
| Decoration | Slow Milling Bellavita |
| Final proofing | Full proof, bake with steam injection |
| Baking temperature | 280 °C (40 °C over baking temperature for rolls) |
| Baking time, approx. | 5 minutes |
| Venting | 1 minute before the end of the baking process |

PROTEIN SANDWICH

Ingredients for dough

| | | |
|--|--|-----------------|
| Wheat flour, German type 550 (all-purpose flour) | | 7,800 g |
| GoWell Tasty Protein | | 2,200 g |
| GOOD Super Fresh | | 40 g |
| Sodium-Diacetat | | 20 g |
| Sugar | | 300 g |
| Vegetable oil | | 400 g |
| Yeast | | 500 g |
| Salt | | 150 g |
| Water (approx.) | | 5,800 g |
| Total dough | | 17,210 g |

Processing

| | | |
|-----------------------------|-------------------------|------------------------|
| Dough temperature | | 28 °C |
| Mixing time in spiral mixer | Low speed High speed | 3 minutes 5 minutes |
| Dough rest | | 10 minutes |
| Weight of dough piece | | 850 g |

Make-up

Process all the ingredients using the all-in method to form a homogeneous dough. After the dough has rested, weigh, round, and leave it to relax briefly. Then shape it into an oblong shape, work it up using the four-piece method, and cook in the tin. After piece proofing, bake with the lid closed. After baking, turn the loaves out of the tin and leave to cool.

| | | |
|----------------------|---|--|
| Final proofing | ¾ proof, bake with steam injection | |
| Baking temperature | 210 °C (30 °C under baking temperature for rolls) increase to 230 °C | |
| Baking time, approx. | 35 minutes | |
| Venting | 1 minute before the end of the baking process | |



PROTEIN SUB-BAGUETTE



Ingredients for dough

| | |
|--|-----------------|
| Wheat flour, German type 550 (all-purpose flour) | 7,400 g |
| GoWell Tasty Protein | 1,800 g |
| Slow Milling Roggenmalz-Flocken | 800 g |
| GOOD Brioche 3 % | 200 g |
| Sunflower Seeds | 600 g |
| Vegetable oil | 100 g |
| Yeast | 300 g |
| Salt | 180 g |
| Water (approx.) | 6,000 g |
| Total dough | 17,380 g |

Processing

| | |
|-----------------------------|---|
| Dough temperature | 25 °C |
| Mixing time in spiral mixer | Low speed 3 minutes High speed 5 minutes |
| Dough rest | 10 minutes |
| Weight of dough piece | 120 g |

Make-up

After the resting time, roll out to approx. 14 mm thick, cut into 4 cm wide and 20 cm long strips, moisten the surface and press into decor. Place on baking trays to proof and bake.

| | |
|----------------------|--|
| Decoration | Slow Milling Crusty Crust GOLD, sunflower seeds |
| Final proofing | Full proof, bake with slightly steam injection |
| Baking temperature | 250 °C (10 °C over baking temperature for rolls) |
| Baking time, approx. | 12 minutes |
| Venting | 1 minute before the end of the baking process |

Have we inspired you?

Let us discuss in person what your new product
with GoWell® Tasty Protein could look like.

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