

## PEKTOS BEET FIBER BF in commercial kitchens



### BEET FIBER BF Sugar Beet Fiber

PEKTOS BEET FIBER BF is a new generation of fiber. A pure natural product from the fertile fields of Switzerland. With more than 70 % healthy fibers, approx. 1/4<sup>th</sup> of which are soluble fibers.

PEKTOS BEET FIBER BF offers commercial kitchens excellent ways to enrich foods with fiber naturally without compromising the original taste or product characteristics. It is economical in use. Often, it allows for a cost reduction.

BEET FIBER BF binds water exceptionally well. This property is unaffected by the preparation method of freezing and thawing. It is very productive and therefore economical.

The user has the choice between PEKTOS Beet Fiber BF 5 and BF 10, representing 2 grades in WBC (Water Binding Capacity), and also can choose among a range of particle sizes from very fine to coarse to un-milled and even rolled flakes.

### BEET FIBER BF in Minced Meat Dishes, Soups, Sauces, Pasta Fillings and Porridge

The water-binding properties of PEKTOS Beet Fiber BF 5 and BF 10 make the food juicy and maintain a pleasant chewing resistance. Take 50 – 150 ml of Beet Fiber BF for each kilo of minced meat and add 50 – 150 ml of



additional liquid. If necessary, adjust the seasoning.



### BEET FIBER BF in Muesli/Cereals

By adding PEKTOS Beet Fiber BF 5 to muesli, you can increase the fibre content whether you mix your muesli yourself or use a consumer product.



### BEET FIBER BF in Bread

Bakers all over Europe use BEET FIBER BF because they know that adding 1-2% (related to the flour) of this functional fiber can keep the bread fresh longer and naturally - without adding controversial ingredients.

An increased water content delays the bread drying out quickly and thus stays fresh for longer. It is also easier to warm up in the microwave. In addition, the bread becomes softer, making it feel fresher, easier to slice and less crumbly.

Beet Fiber BF 5 is almost tasteless and can be used with other fiber-rich foods and ingredients.

## APPLICATION DATA SHEET

PEKTOS BEET FIBER BF 5 is equally suitable for light and dark loaves of bread. To achieve increased freshness, add 1-3% of PEKTOS BEET FIBER BF 5 on the amount of flour. Per gram of added PEKTOS BEET FIBER BF 5, reduce the amount of flour by 6 grams, so you don't need to change the amount of liquid or other ingredients. For fiber enrichment, use 5-10% PEKTOS BEET FIBER BF 5 on the amount of flour.



PEKTOS BEET FIBER BF is also used as a fiber and functional ingredient in crisp bread, rolls, and various biscuits.



### Other Benefits

Unlike oats and wheat bran, PEKTOS BEET FIBER BF does not contain phytic acid, which hinders the body's absorption of minerals (iron and zinc). Besides, PEKTOS BEET FIBER BF is gluten-free and thus offers the optimal fiber intake for gluten intolerance.

### Health-promoting Effects

PEKTOS BEET FIBER BF promotes digestion and metabolism by balancing insoluble and soluble fibre.

The regular consumption of sugar beet fiber has a positive effect on cholesterol levels. Fluctuations in blood sugar levels are reduced - an essential factor for diabetics. Meals with PEKTOS BEET FIBER BF saturate faster, as the stomach has to process a lot of fiber. Also, PEKTOS BEET FIBER BF prevents constipation, an often common disease, by swelling and binding moisture.

PEKTOS BEET FIBER BF applications are limitless and countless. The use as pure fiber was the starting point, but today users and consumers are more focused on functional ingredients/raw materials and, of course, still on fiber. In addition, the unique water retention capacity can be used in various applications throughout the food industry.

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