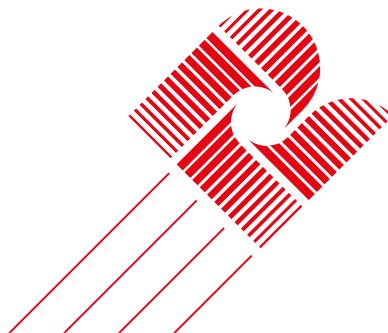
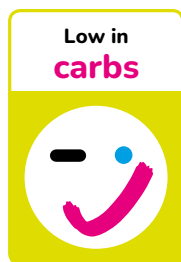


HIGH-PROTEIN PREMIXES



R I E T M A N N



P r o t e i n
goes **IN the bread,**

not BETWEEN!



Only 4.9% carbs with 28.5% protein!

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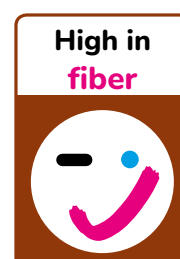
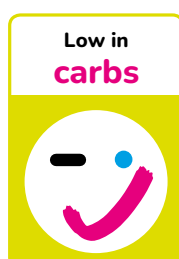
Premix for pancakes

Pages 38 to 41

Other products

Pages 42 to 43

About us
Why high-protein products?
Custom premixes and international success



...26.5 % protein?

That's huge...!

- High in protein
- Rich in polyunsaturated fats
- Rich in omega-3 fatty acids
- High in fiber

**...Only 4.9 %
carbs?**

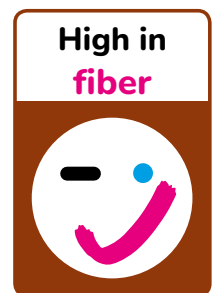
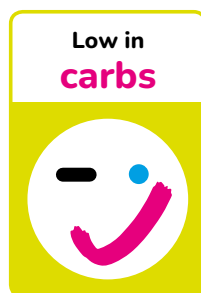
Under control...!



New generation premix for high-protein, low-carb bread 4.9

Recipe

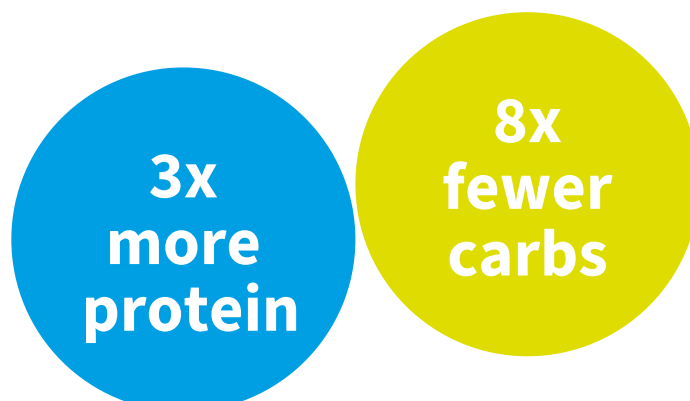
Premix for high-protein bread 4.9 RIETMANN	10.000 kg
Fresh yeast	0.400 kg
Water (approx.)	8.300 kg



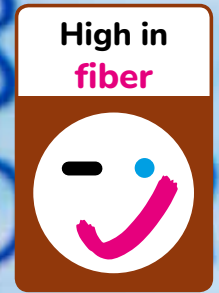
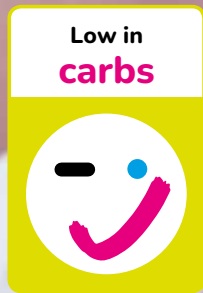
Kneading (spiral mixer):	8 min slow + 6–10 min fast
Dough temperature:	26–30 °C
Rest:	None
Scaling weight:	450 g dough for a 400 g loaf
Final proof:	35–45 minutes
Baking:	220 °C reducing to 190 °C

Ingredients

water, protein blend (wheat protein, soy protein, lupin protein), cracked soy, linseed, sunflower seeds, soy flour, wholemeal wheat flour, wheat bran, apple fiber, yeast, sesame seeds, salt, roasted malted barley flour, soy lecithin (emulsifier), sodium diacetate (acidity regulator).









Premix for sliced bread 11.3

Recipe

Premix for sliced bread

11.3 RIETMANN

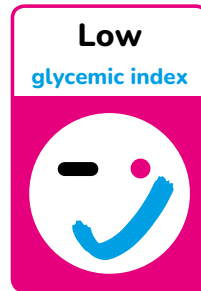
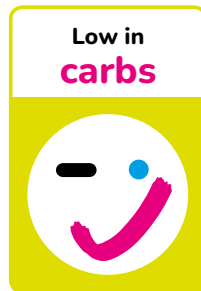
10.000 kg

Fresh yeast

0.400 kg

Water (approx.)

7.400 kg



Ingredients

water, protein blend (wheat protein, pea protein), brown linseed, wholemeal rye flour, cracked soy, soy flour, wheat bran, golden linseed, sunflower seeds, sesame seeds, yeast, oat fiber, salt, protein-enriched whey, sodium diacetate (acidity regulator), soy lecithin (emulsifier)



**150%
more
protein**

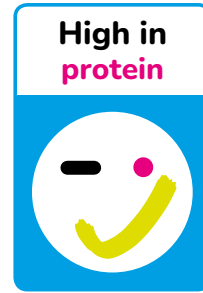
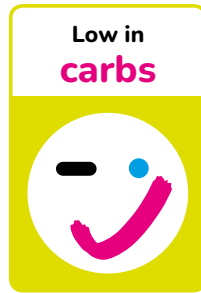
**70%
fewer
carbs**



Premix for Blond bread 6.0

Recipe

Premix for Blond bread 6.0 RIETMANN	10.000 kg
Fresh yeast	0.400 kg
Water (approx.)	11.500 kg



Ingredients

water, protein blend (wheat protein, soy protein, rice protein), soy flour, oat fiber, wholemeal wheat flour, yeast, guar gum (thickener), rapeseed oil, salt, sugar, dried rye sourdough, lecithin (emulsifier), sodium diacetate (acidity regulator)



**3x
more
protein**

**7x
fewer
carbs**



P r o t e i n
goes **IN the bread,**
not BETWEEN!

Only 4.9% carbs* with 28.5% protein!

The pleasure of delicious bread with the benefits of a low carb content.

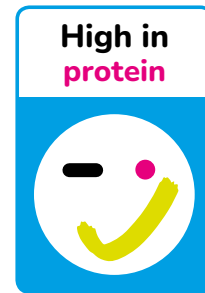
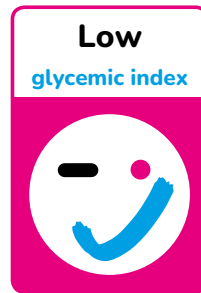
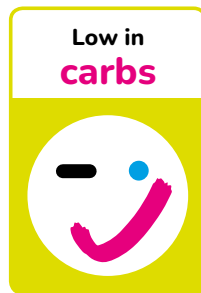
- > High in protein
- > Reduced carbohydrates
- > Rich in polyunsaturated fats
- > Rich in omega-3 fatty acids
- > High in fiber

* Compared with a traditional bread roll

Premix for rolls 4.9

Recipe

Premix for rolls 4.9 RIETMANN	10.000 kg
Fresh yeast	0.400 kg
Water (approx.)	8.500 kg



Ingredients

water, protein blend (wheat protein, soy protein, lupin protein), linseed, soy flour, wholemeal wheat flour, cracked soy, wheat bran, sunflower seeds, sesame seeds, apple fiber, yeast, salt, barley malt flour, soy lecithin (emulsifier), sodium diacetate (acidity regulator)



Premix for sandwich bread 12.9

Recipe

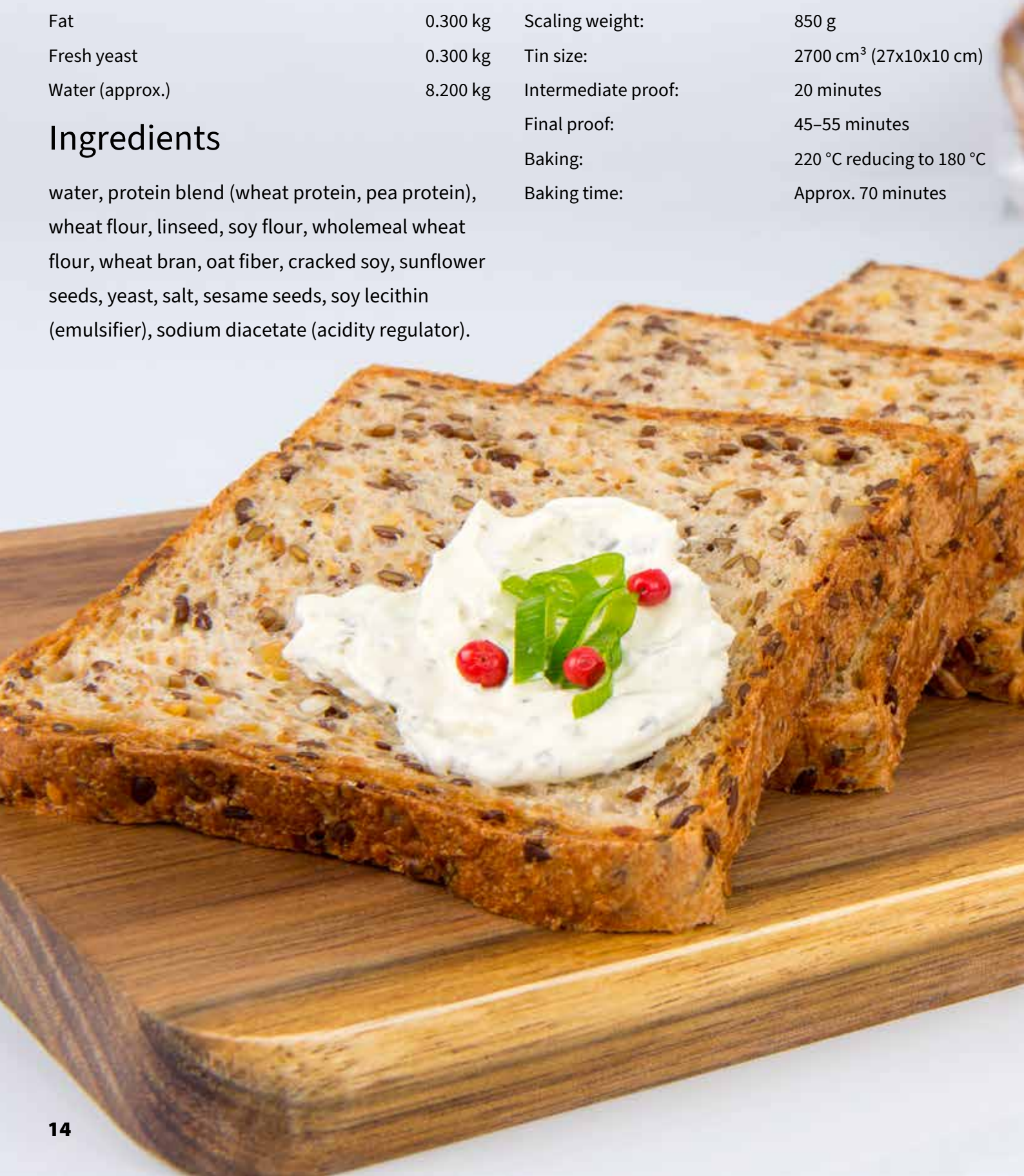
Premix for sandwich bread
12.9 RIETMANN

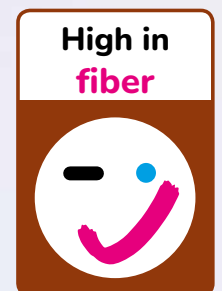
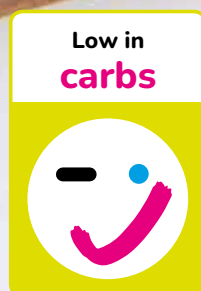
Fat	0.300 kg
Fresh yeast	0.300 kg
Water (approx.)	8.200 kg

Kneading (spiral mixer):	2 min slow + 8–12 min fast
Dough temperature:	28–30 °C
Rest:	None
Scaling weight:	850 g
Tin size:	2700 cm ³ (27x10x10 cm)
Intermediate proof:	20 minutes
Final proof:	45–55 minutes
Baking:	220 °C reducing to 180 °C
Baking time:	Approx. 70 minutes

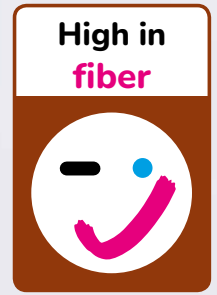
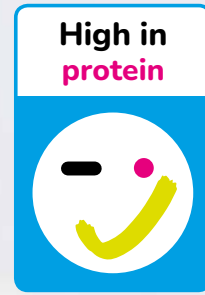
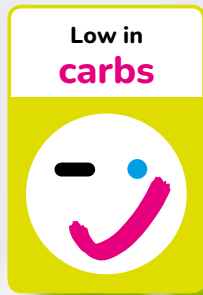
Ingredients

water, protein blend (wheat protein, pea protein), wheat flour, linseed, soy flour, wholemeal wheat flour, wheat bran, oat fiber, cracked soy, sunflower seeds, yeast, salt, sesame seeds, soy lecithin (emulsifier), sodium diacetate (acidity regulator).









Premix for sandwich bread “Top 7”

7 valuable protein sources

Recipe

Premix for sandwich bread
“Top 7” RIETMANN

10.000 kg

Kneading (spiral mixer):

2 min slow +
8–12 min fast

Fat

0.300 kg

Dough temperature:

28–30 °C

Fresh yeast

0.300 kg

Rest:

None

Water (approx.)

8.200 kg

Scaling weight:

850 g

Ingredients

water, blend of 7 proteins (wheat protein, soy protein, pea protein, egg protein, rice protein, whey protein, milk protein), wheat flour, linseed, soy flour, wholemeal wheat flour, wheat bran, oat fiber, cracked soy, sunflower seeds, yeast, salt, sesame seeds, soy lecithin (emulsifier), sodium diacetate (acidity regulator)

Tin size:

2700 cm³ (27x10x10 cm)

Intermediate proof:

20 minutes

Final proof:

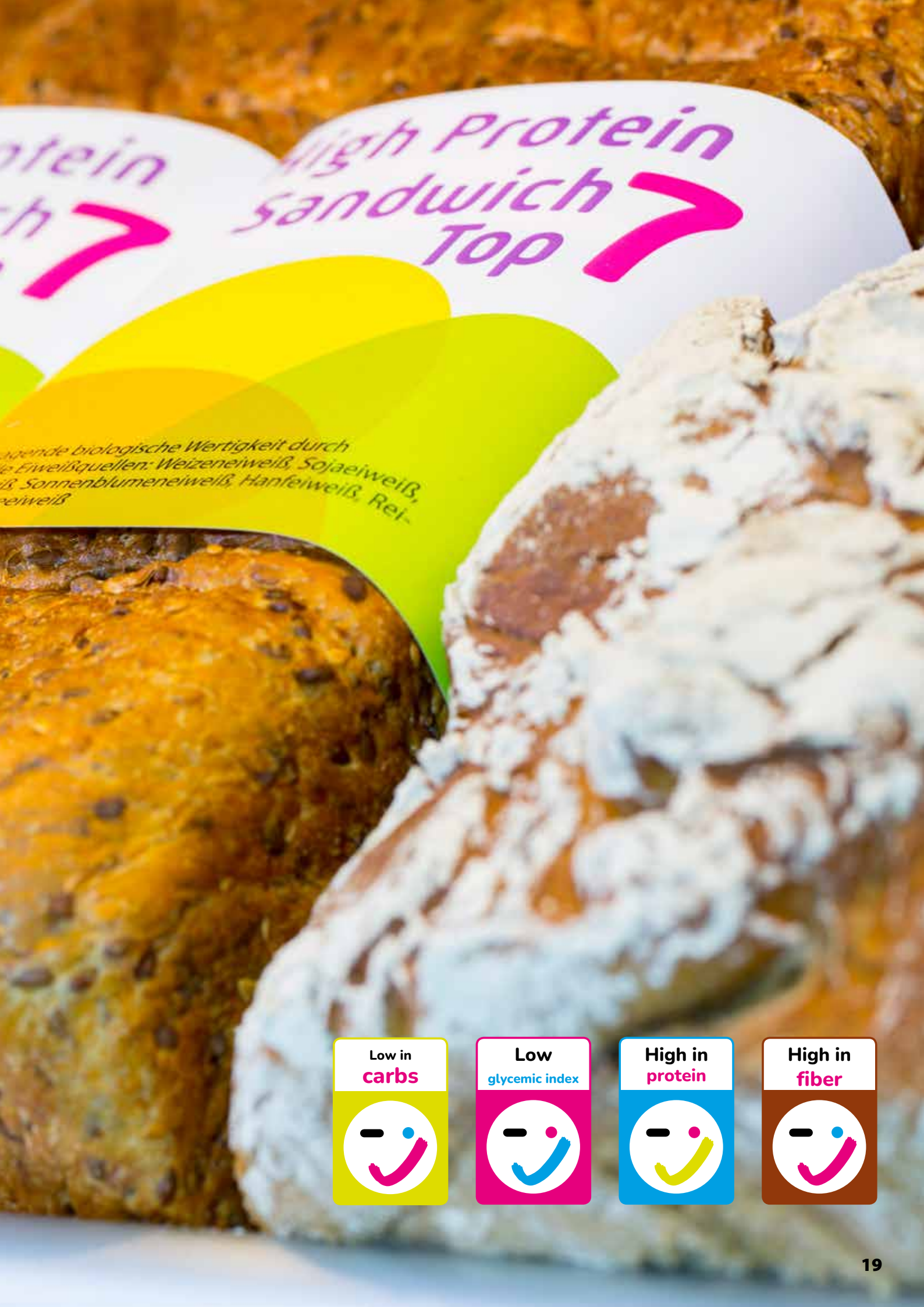
45–55 minutes

Baking:

220 °C reducing to 180 °C

Baking time:

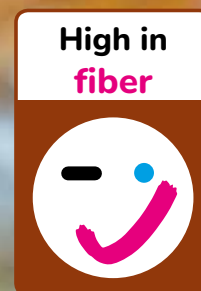
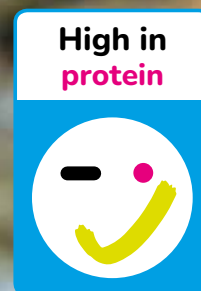
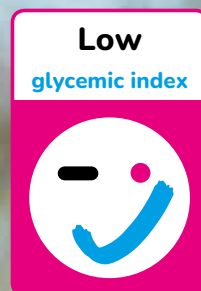
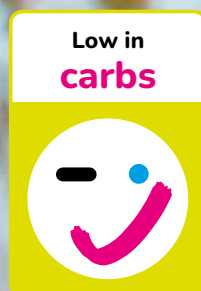
Approx. 70 minutes



rotein
ch 7

High Protein
sandwich
Top 7

steigende biologische Wertigkeit durch
die Eiweißquellen: Weizeneiweiß, Sojaeiweiß,
Eiweiß, Sonnenblumeneiweiß, Hanfeiweiß, Rei-
seiweiß



Premix for crackers

Recipe

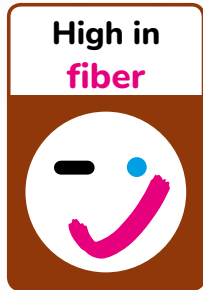
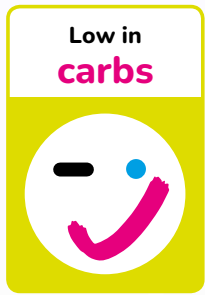
Premix for crackers **RIETMANN** 10.000 kg

Water (approx.) 4.000 kg



Ingredients

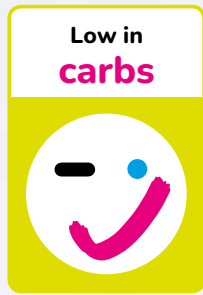
sunflower seeds, linseed, wheat gluten, oat flakes, sesame seeds, glucose syrup, water, wheat bran, palm fat powder, milk protein, wheat starch, barley malt flour, rapeseed oil, dextrose, dried rye sourdough, salt, yeast



**125%
more
protein**

**65%
fewer
carbs**

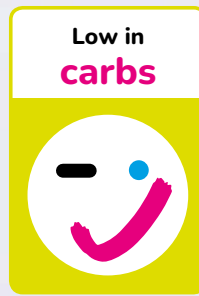




Premix for wraps 31.7



**3x
more
protein**



Recipe

Premix for wraps 31.7 RIETMANN	10.000 kg
Rapeseed oil	0.400 kg
Fresh yeast	0.300 kg
Water (approx.)	8.500 kg

Ingredients

water, protein blend (wheat protein, soy protein, rice protein), wheat flour, soy flour, rapeseed oil, yeast, salt, emulsifiers (mono- and diglycerides, lecithin)





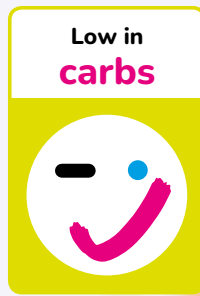
Premix for puff pastry

Recipe

Premix for puff pastry RIETMANN	10.000 kg
Fresh yeast	0.400 kg
Water (approx.)	8.000 kg
Puff pastry margarine	5.500 kg
Laminate the dough like puff pastry	



50%
fewer
carbs



Ingredients

margarine, water, protein blend (wheat protein, soy protein, rice protein), wheat flour, soy flour, yeast, salt, emulsifier (mono- and diglycerides, lecithin)

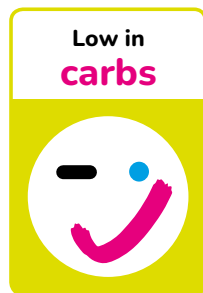


**50%
fewer
carbs**

Premix for pizza

Recipe

Premix for pizza RIETMANN	10.000 kg
Fresh yeast	0.400 kg
Water (approx.)	8.000 kg
Puff pastry margarine	2.800 kg
Laminate the dough like puff pastry	



Ingredients

water, protein blend (wheat protein, soy protein, rice protein), wheat flour, soy flour, margarine, yeast, salt, emulsifier (mono- and diglycerides, lecithin)



Premix for panini 4.9

Recipe

Premix for panini 4.9 RIETMANN

10.000 kg

Fresh yeast

0.400 kg

Water (approx.)

8.500 kg

Kneading (spiral mixer):

4 min slow +

8–12 min fast

Dough temperature:

28–30 °C

Rest:

None

Scaling weight:

120 g per piece

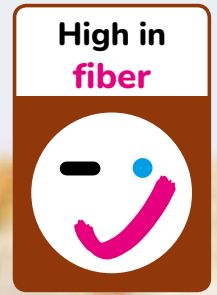
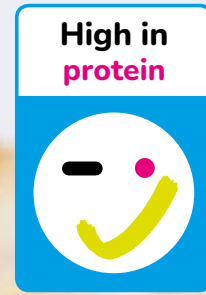
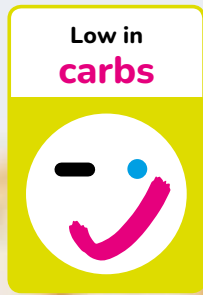
Final proof:

35–40 minutes

Baking:

220 °C reducing to 180 °C





**80%
fewer
carbs**

Ingredients

water, protein blend (wheat protein, soy protein, lupin protein), linseed, soy flour, wholemeal wheat flour, cracked soy, wheat bran, sunflower seeds, sesame seeds, apple fiber, yeast, salt, barley malt flour, soy lecithin (emulsifier), sodium diacetate (acidity regulator)

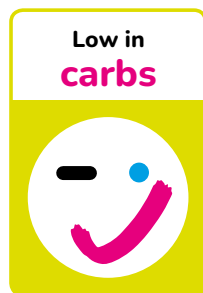


**27%
more
protein**

Premix for waffles

Recipe

Premix for waffles RIETMANN	1.000 kg
Milk (approx.)	1.700 kg



Ingredients

milk, protein blend (wheat protein, soy protein, milk protein, whey protein), egg powder, sugar, fat powder (palm oil, glucose syrup, milk protein), guar gum (thickener), flavouring

Premix for pancakes





My

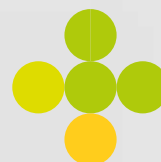
fitness p



New!

at least
75%
fewer carbs
than traditional
pasta! *

*100% durum wheat semolina



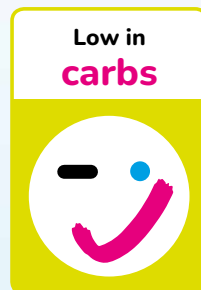
High in protein

programme...

prima
well

prima
well

Pâtes protéinées



no more than

5 g

of carbs in
100 g of cooked
pasta!



e 250 G



reduced carbs

Rietmann also specialises in developing and producing high-quality proteins and food supplements. More than 300 recipes developed to measure are at your disposal.





About us

Theodor Rietmann GmbH is a family-owned company founded almost 45 years ago, run by the second generation and employing more than 100 people. It manufactures high-quality products for the international bakery market. We are proud to work directly with our customers to offer them the products they are looking for.

As the No. 1 producer of premixes for high-protein bread, we have become experts in our field. With regular testing, from raw materials to finished products, we guarantee high product quality at all times. Our research and development team keeps bringing new, innovative ideas to this constantly evolving market. With food engineers and professional bakers at the core of our development team, we are not only competent in our field but, above all, passionate about our products.

Why high-protein products?

High-protein products and breads are spreading across the international market, multiplying in bakeries and supermarket chains alike. Their constant, growing success shows that this trend is far from running out of steam; it is creating a new standard in the bread market. Weight management is a long-term approach to a healthier lifestyle, and it does not mean giving up good food. Consumers are increasingly interested in what they eat and look for products that are good not only nutritionally but also in taste. The days of banning bread from your diet are over! With high-protein bread you can once again enjoy good bread without worrying about its carbohydrate content. Now your low-carb chicken and vegetable dinner can come with a good high-protein bread. A burger without a bun? Impossible! Soup without bread? Not any more!

With our range of high-protein products, health-conscious consumers can still enjoy their meals without feeling that something is missing. Because something was missing: a delicious, healthy high-protein bread!

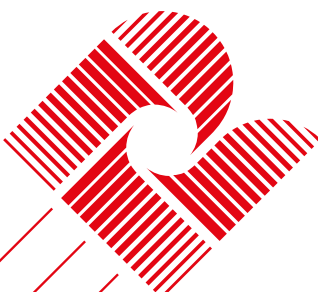
A scientific study carried out by the “Sydney University’s Glycemic Index Research Service” concluded that our “bread would be suitable for consumption by people with diabetes...”. In the study, our product approached a glycemic index of 24, compared with normal wholemeal bread with 40% carbohydrates and a glycemic index of 65.*

*Sydney University’s Glycemic Index Research Service. (2013). Glycemic Index Research Report Number 1347. Sydney, Australia.



Custom premixes and international success

As the creators of “energus10” bread, we have witnessed the growth of specialised high-protein, reduced-carbohydrate products. A product that started as a new, innovative idea is today a standard in the bread market and has quickly spread internationally. Our products are not only good, they are also nutritionally rich for a healthy lifestyle. If you are looking for healthy, reduced-carbohydrate products, you have come to the right place.



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