



Protein-enriched Thin Bread (Lavosh-style)

Ingredient	Percentage (%)
Flour	57.80
Sugar	0.70
Skimmed milk powder	3.00
Salt	1.10
Water	32.90
Vegetable Oil	4.50
	100.00

Procedure

1. Combine flour, sugar, skimmed milk powder, and salt.
2. Add water and oil.
3. Mix well to make a stiff dough. Knead until dough is smooth, about 5 minutes.
4. Divide dough into 50-g balls. Roll each ball on lightly floured surface until paper thin. Place on ungreased baking sheet.
5. Bake in preheated 230°C oven for 10 to 12 minutes, until brown.

The addition of milk powder provides 1 g of protein and 35 mg of dairy calcium per 100 g of product (pre-cooked weight). This formula is provided as a starting point for development purposes. Adjustments may be necessary.

Product developers are encouraged to modify the formula to meet manufacturing and finished product specification needs. Check local legislation for ingredient usage, product standards and labeling.

Developed at Dairy Products Technology Center, Cal Poly State University, San Luis Obispo.

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Nutritional Facts

Amount Per 100g

Calories	264 Kcal
Protein	7 g
Carbohydrates	46 g
Fat	5g
Vitamin A	0 IU
Thiamin	0.5 mg
Riboflavin	0.4 mg
Niacin	4 mg
Vitamin B6	0.05 mg
Vitamin B12	0.2 mcg
Vitamin C	0.6 mg
Calcium	53 mg
Iron	3 mg
Magnesium	18 mg
Phosphorus	96 mg
Potassium	116 mg
Zinc	0.5 mg