

Flour is pretty obvious baking essential. There are many different kinds of flour which we probably might not know what goes into each variety. And we might not be sure too about the benefits that these flours carry. To make things simpler and easy for you to understand, here we put together an easy overview of the most commonly used flour: Wheat, Whole Wheat and Rye Flour.



Made from hard wheat with a high level of protein (at about 12-14%) It has more gluten strength and protein content than allpurpose flour. This gives you the chewy texture you're looking for in a good bread, as well as the form and structure.

Best Choice: For yeast breads, pizzas, pretzels, anything chewy and requiring plenty of structure. Benefits:



Also called graham flour. Whole wheat flour is made from the entire kernel of hard red wheat, which gives it a darker brown color than white flour. It's high in nutrients and dietary fiber.

Best Choice:

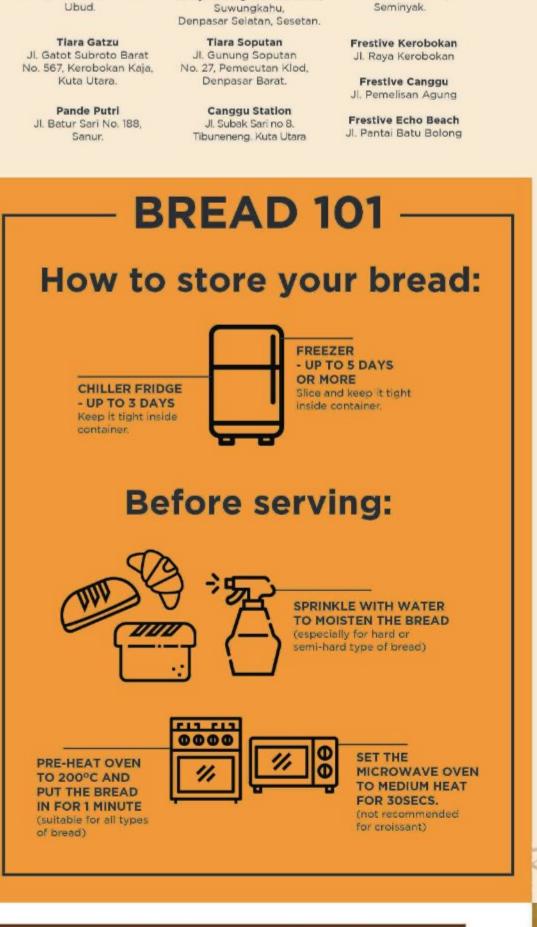
For hearty and rustic breads Regulate blood sugar after meal faster. Contains more fiber which is good for digestive system.



A low gluten flour. Denser than most other types of flour. It has a tangy flavor and natural gumminess when processed. There are light, medium, and dark colored varieties of rye flour.

when made with slightly fermented doughs.

Reducing the risk of heart disease, bowel cancer and diabetes. Lower insulin response, which help with weigh loss and



FIND OUR STORES

Dé Bakker

Bintang Ubud

JI. Raya Sanggingan No.

45, Campuan, Ubud.

LOTTE MART Ball

Jl. ByPass Ngurah Rai 222X,

Jl. Danau Tamblingan

No. 51, Sanur, Denpasar.

Uluwatu Outlet

Uluwatu Centre Point

Jl. Raya Uluwatu 88.

Bintang Seminyak

Jl. Raya Seminyak No.17,

Seminyak, Kuta.

Delta Dewata

JI. Rava Andong No. 14.

Canggu Outlet

Jl. Tanah Barak no 8

Canggu, Kuta Utara.

Kerobokan Outlet

Jl. Mertanadi No. 100

Kerobokan Kelod,

Kuta Utara.

Hardy's Sanur

Jl. Danau Tamblingan

No.136, Sanur.

SE Sunset Point

Jl. Sunset Road 88.

Always FRESH BAKED in the HOUSE

Apple, carrot, lime

Strawberry, pineapple, honey

KALE, PINEAPPLE, PAPAYA, 32

BANANA, STRAWBERRY OR

REGULAR JUICES

MIXED FRUITS

KICK ME













35

Banana, lime, milk, yogurt and honey

Strawberry, lime, milk, yogurt, and honey

42

32

ENERGETIC VITAMIN

REGULAR SMOOTHIES consist of milk and yogurt

PINEAPPLE/PAPAYA

KALE/BANANA/

STRAWBERRY

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- Our prices includes 10% government tax and service fees -



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