



Enriched Roti-style Bread

Ingredient	Percentage (%)
Flour	58.00
Skimmed Milk Powder	3.30
Salt	0.50
Vegetable Oil	1.70
Water	36.50
	100.00

Procedure

1. Combine flour, skimmed milk powder, and salt.
2. Add water and oil.
3. Mix well for 2 or 3 minutes.
4. Turn dough out onto a well-floured surface. Knead until smooth and pliable, about 10 minutes.
5. Preheat an un-oiled skillet. Divide dough into 40 g balls.
6. Flatten the balls with the palm of your hand. Roll out each piece into a 18 to 25 cm diameter round.
7. Cook the roti for 1 minute before turning. Cook an additional minute.

The addition of milk powder provides 2 g of protein and 70 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.

Nutritional Facts

Amount Per 100g

Calories	250Kcal
Protein	7 g
Carbohydrates	48 g
Fat	2.5 g
Vitamin A	100 IU
Thiamin	0.45 mg
Riboflavin	0.34 mg
Niacin	3 mg
Vitamin B6	0.05 mg
Vitamin B12	0.12 mcg
Calcium	60 mg
Iron	0.18 mg
Magnesium	16 mg
Phosphorus	60 mg
Potassium	95 mg
Zinc	0.30 mg