



The Future of  
**Bread**  
Lies in its Past



# Softgrain & Sproutgrain



**puratos**  
Food Innovation for Good



# Grains as a whole

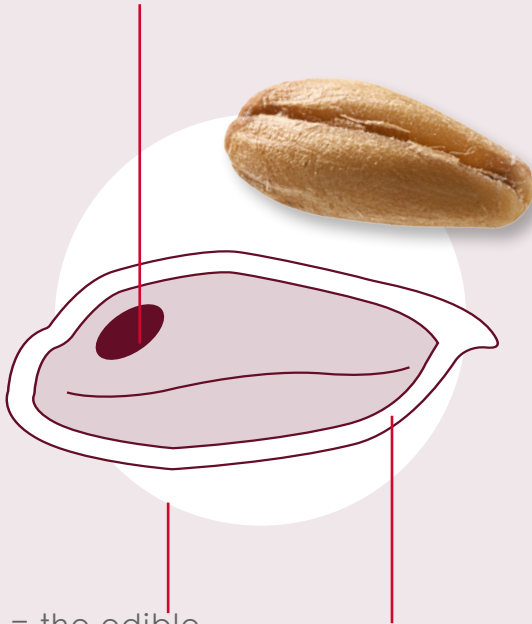
Whole grains are at the origin of all breads. But what is a whole grain?

Grains are the seeds of certain plants, mostly cereal grasses. Like all seeds, grain kernels are a marvel of nature, as they contain the potential to become a new plant. Whole grains are exactly what the word says: the whole of the grain. All three original edible parts – bran, germ and endosperm – are present in the same proportions as when the cereal was grown. This is quite different from refined grains or flours, which only retain the endosperm<sup>1</sup>.

**By consuming a whole grain, we take advantage of all the different parts. In short, all its properties and associated benefits are preserved.**



**Germ** = the embryo of the grain. Given time this will become the new plant. Nutrient-packed.



**Bran** = the edible, multi-layered kernel that protects the seed. Contains fibers and B vitamins.

**Endosperm** = the largest portion of the grain. Starchy. Contains enough nutrients to feed the embryo.

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<sup>1</sup> Source: N. De Brier, E. Lemmens, A. Moroni, P. Heirbaut, and J. Pagand, *Impact of Cereal Seed Sprouting on its Nutritional and Technological Properties: A Critical Review*.



# Why work with whole grains in your bread?

One of the main concerns the modern-day consumers have when buying bread is: is it good for them?

Making products healthier is not just about removing certain ingredients, it's also about adding them. Embrace the amazing nutritional benefits of whole grains. They are indeed a favorite among health-conscious consumers<sup>2</sup>. Adding whole grains to your breads is therefore a smart and tasty choice.

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<sup>2</sup> Source: Puratos proprietary consumer research Taste Tomorrow 2023 (more than 20.000 consumers interviewed).

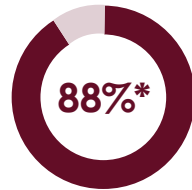






Whole grains are a source of fiber. This is interesting, especially as fiber benefits from a healthy halo.

Many consumers indeed say that fiber has a positive effect on digestion<sup>2</sup>. Considering its many benefits, this should not be a surprise!



**say that fiber  
has a positive effect  
on digestion**



\*\*Taste Tomorrow Philippines 2025\*\*

Food Innovation for Good





You can help  
your customers  
reach their daily  
recommended  
fiber intake by  
adding whole  
grain breads in  
your range.

Many Filipinos are not meeting their recommended fiber intake. According to the Food and Nutrition Research Institute (FNRI), the recommended daily fiber intake is **38 grams for adult males and 25 grams for adult females\***. However, FNRI data from the 8th National Nutrition Survey shows that the average Filipino intake of fiber-rich foods such as vegetables, fruits, nuts, and corn products is well below the recommended amounts. This low fiber consumption is linked to rising cases of high blood sugar levels and lifestyle-related diseases like obesity and heart disease.

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<https://www.fnri.dost.gov.ph/>



# Fiber-rich diet helps maintain:



Normal  
cholesterol levels



Normal  
blood  
sugar levels



Intestinal  
transit



Bowel  
habits







# Softgrain & Sproutgrain ranges





# Healthy grains, tasty breads

Take advantage of all the properties and benefits of whole grains with the Softgrain and Sproutgrain ranges of Puratos.

## Softgrain Sourdough- infused whole grain goodness

Ready-to-use  
(sprouted) whole  
grains and seeds  
cooked and infused  
with sourdough.



## Sproutgrain Whole grain goodness, sprouted to perfection

Ready-to-use  
sprouted and  
fermented whole  
grains.



# Why choose Sproutgrain and Softgrain ranges?

## Benefits for bakeries:



**Innovation and differentiation:**  
creation of new nutritious and tasty breads in line with consumer trends.

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**Convenience:**  
ready and easy to use. You can add the whole grains to any of your doughs.

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**Versatility:**  
infinite applications, endless creativity.

Ready to discover more about Puratos' grains and seeds?





## Benefits for consumers:



**Nutrition:** thanks to the many whole grains and seeds, our products contain a lot of fiber. Fiber is an essential part of a healthy diet.

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**Great taste:** your products will have a unique taste.

- **Softgrain:** thanks to the sourdoughs.
  - **Sproutgrain:** thanks to the sprouting of the whole grains and the unique fermentation process.
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**Outstanding freshness:** the whole grains slowly release their moisture to naturally maintain the initial freshness of your bread and avoid drying out of the crumb.



# Let's focus on nutrition

Are you interested in communicating about the nutritional benefits of your product? Puratos can help you with this. The nutritional benefits and claims depend on your recipe and the local regulations. Thanks to the nutritional square, we can tell you...

...if your product is a source of or high in fibers

...the amount of minerals your product contains

...the quantity of different grains your product contains

...the percentage of whole grains in your product









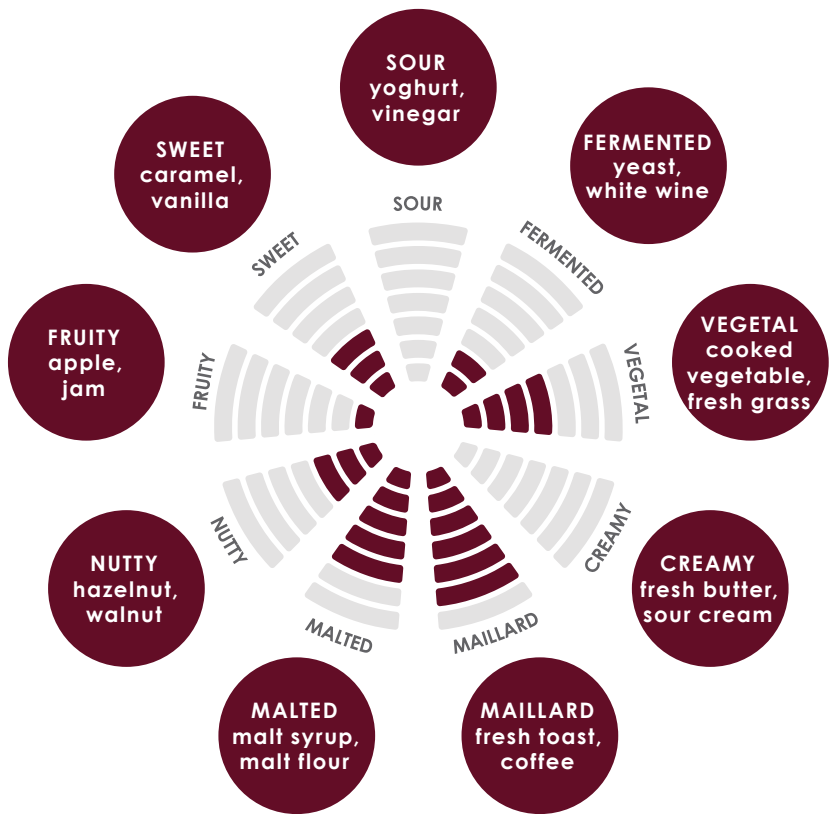
# Let's focus on taste

Depending on the types of whole grains you add to your bakery product, it will have a different taste. Thanks to the flavor mill, you can discover the flavor profile of each product





Discover below the flavor mill of Sproutgrain Rye, which has strong toasted and malted notes:



# Sproutgrain

A close-up photograph of a hand holding a glass jar, pouring a dark brown, sprouted grain mixture. The grains are small and have visible roots. The background is blurred with bokeh light effects. A white circular graphic element is in the top left corner.

Whole grain goodness,  
sprouted to perfection

Ready-to-use sprouted and fermented whole

# But what exactly is sprouting?

We talk about sprouted grains when a grain kernel begins to transform from a seed into a small plant. This occurs when the seed or grain is placed in an environment at just the right temperature and moisture conditions. And yet even though a sprouted grain is the start of a new plant, this process is controlled and stopped just in time. What makes it so special? By sprouting, the grain has, in effect, transformed itself from a source of dormant starch into a living plant. This delivers added nutritional benefits, as it now has more available nutrients than unsprouted grains, and it tastes better too.



the  
sprouted  
grain



# Softgrain



Sourdough-infused whole  
grain goodness

Ready-to-use (sprouted) whole grains and seeds  
cooked and infused with sourdough.



Softgrain brings together **tradition** and **innovation** to combine all the benefits and original properties of the grains with the flavor that consumers want in a nutritious bread. Softgrain is based on a unique elaboration process of soaking and cooking the grains in water. Puratos has gone one step further and has developed its own method, which consists of **cooking and infusing the whole grains with sourdough**. With Softgrain, you get fresh and hydrated breads that are full of nutritious whole grains and seeds and have a unique texture and flavor.





# Softgrain, the ultimate solution to your grainy bread challenges

Nowadays, breads with grains have taken the spotlight, but the road to perfection is not without hurdles. The dream is to have a tasty bread, full of visible whole grains that maintains its initial freshness. Incorporating dry grains into your loaves can however come with their struggles and options like flakes and grits still have negative side effects:



Dealing  
with hard  
grains



Preventing  
fast drying  
of the crumb



Avoiding  
off-flavor



Dealing  
with a low  
visibility of  
grains in  
the crumb

Let's turn these challenges into opportunities. How? Our carefully crafted technique involves **cooking and infusing whole grains and seeds with sourdough**. The result? **Juicy whole grains that slowly release their moisture to naturally maintain the freshness of your breads and ensure the crumb stays irresistibly soft.**

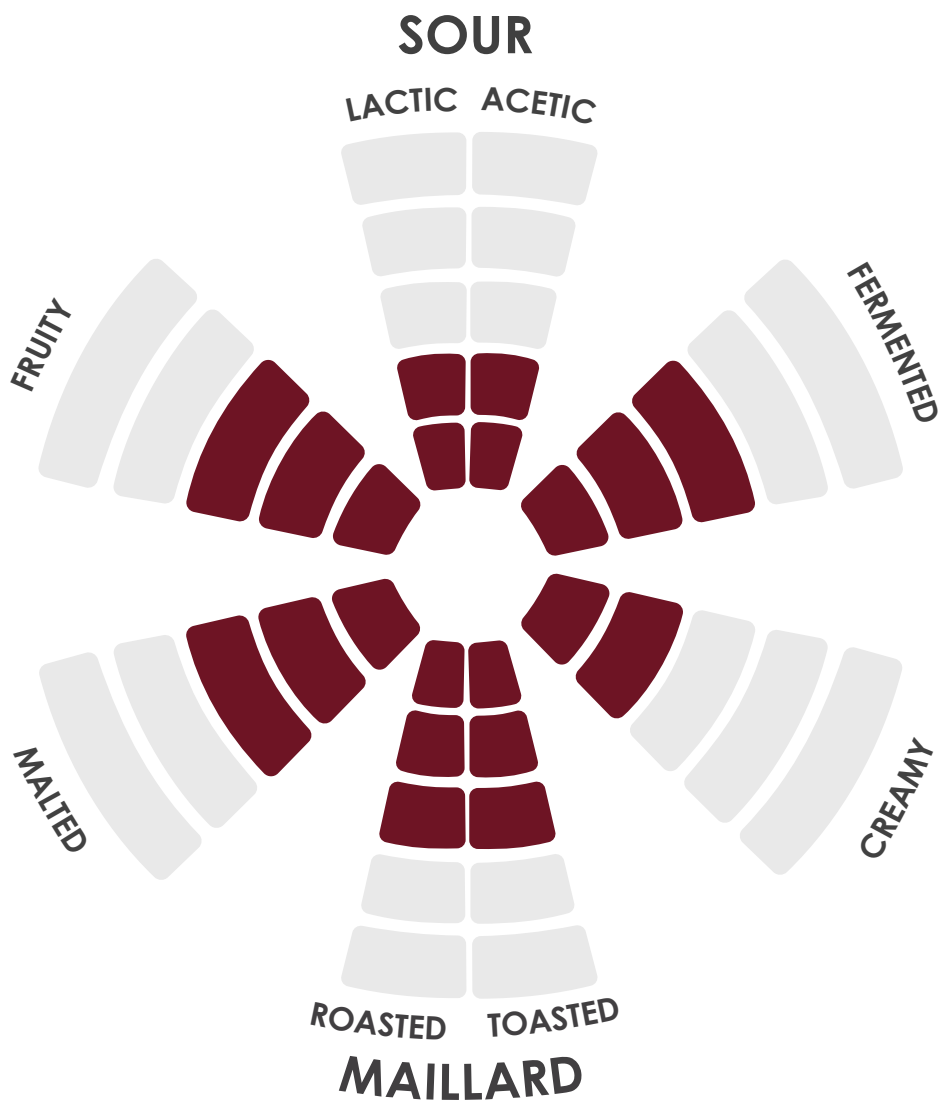
And it's not all, your breads are **visually full of whole grains** with colored whole grains and/or crumb, and also benefit from a **unique taste**.







# Discover the flavor of Softgrain Mung bean



A Traditional Re-imagined:

# From Mung bean soup to Softgrain Mung bean



Mung bean that improves the nutrition value specifically fiber and protein content of the bread / pastry. It Offers a natural, traditional and differentiating taste

By using Softgrain Mung bean in your bread and pastry recipes, you are able to help positively impact the health of Filipinos.

RECIPE	PROTEIN/ 100g SERVING	FIBER/ 100g SERVING
SCRATCH RECIPE PANDESAL	1.8	0.5
10% SOFTGRAIN MUNG BEAN	2.6 44% Higher vs Scratch	1.1 120% Higher vs Scratch
20% SOFTGRAIN MUNG BEAN	2.9 61% Higher vs Scratch	1.5 200% Higher vs Scratch



# Croissant Grain Loaf

## Recipe: Laminated Dough

Ingredients	Weight
Bread Flour	1000
<b>S500 Acti Plus</b>	<b>8</b>
<b>Bruggeman Instant Yeast</b>	<b>20</b>
Sugar	130
Water	350±
Salt	20
<b>Intens Egg Replacer</b>	<b>20</b>
<b>Softgrain Mung bean</b>	<b>300</b>
Laminating Fat	
<b>Mimetic 20</b>	<b>500</b>



### PROCEDURE:

- Mix the ingredients using hook attachment, 3 mins. Slow then continue mixing for 8 mins. High speed or until we reach 80% gluten development, add the Softgrain Golden 6 and mix again at low speed for another 1 minute.
- Rest for 15 mins. Sheet at 10mm thickness. Fold in the laminating fat then do single fold. Rest for 15 mins. In the freezer then sheet again doing double fold, do this twice.
- Sheet at 10mm then cut into 14 inches long and 1 1/2 inches width, braid. Dough weight will be 750g.
- Place in a mold with cover.
- Rest for 2hrs then. Bake for 60 minutes at 190°C.

# Chick n' Cheese Sliders

## Recipe: Base

Ingredients	Weight
<b>O-Tentic Durum</b>	<b>40</b>
<b>Softgrain Mung bean</b>	<b>250</b>
Bread Flour	1000
Salt	20
Water	650

## PROCEDURE:

Yield: 51 pcs 40g

- Mix dry ingredients and wet ingredients in the mixer for 4 minutes slow then 4 minutes fast.
- Bulk ferment for 30 minutes in 30'c proof box.
- Then portion dough 40g each then rest for 15 minutes, then place in a 4x4 square pan let it ferment for 1 hour
- Bake in the oven for 200'c for 15 minutes
- Let it cool before slicing and serving.



## Recipe: Fillings

Ingredients	Weight
Shredded Chicken	QS
Sliced Onion	QS
Swiss Cheese	QS
Pepper Jack Cheese	QS

## PROCEDURE:

- Place fillings inside of the bread.



# Soft Bagel Multigrain



## Recipe: Dough

Ingredients	Weight
Bread Flour	1000
Water	550±
<b>Softgrain Golden 6</b>	<b>200</b>
<b>O-tentic Durum</b>	<b>40</b>

## PROCEDURE:

- Mix the ingredients using hook attachment, 3 mins. slow then 7 mins. high speed or until gluten is developed add the Softgrain and mix for another minute.
- Rest for 30 mins.
- Cut into 80 gms then shape into a ball
- Rest for another 30 mins.
- Shape into a donut ring
- Proof for about 45 mins.
- Brush with **Sunset Glaze** then bake for 15 mins at 190°C.

# Turkish Bread Softgrain Sprouted Rye



Ingredients	Weight
Wheat Flour	1000
Salt	20
Water	700
<b>O-Tentic Durum</b>	<b>40</b>
<b>Softgrain Sprouted Rye</b>	<b>200</b>

## PROCEDURE:

- Mix for 6 minutes on 1st speed.
- Continue mixing for 5 minutes on 2nd speed.
- Note: Maintain dough temperature at 25°C (77°F).
- Allow the dough to rest for 45 minutes.
- Divide the dough into 250-gram portions.
- Shape each portion into an round shape and cover with plastic wrap.
- Proof for 00:45:00
- Hand up the dough slightly and flatten it. Brush with Sunset Glaze and flatten it down crosswise with fingers to give shape.
- Stretch the dough to increase its diameter, then sprinkle with black sesame seeds.



# Crown Sproutgrain Rye



Ingredients	Weight
Wheat Flour	1000
Water	680
Salt	20
Yeast	15
<b>\$500 Clean Label</b>	<b>5</b>
<b>Softgrain Sprouted Rye</b>	<b>300</b>

## PREPARATION

- Mix for 10 minutes on 1st speed.
- Continue mixing for 4 minutes on 2nd speed.
- **Note:** Maintain dough temperature at 25°C (77°F).
- Let the dough rest for 25 minutes.
- Divide the dough into 375-gram portions
- Shape each portion into half the desired length and cover with plastic.
- Allow the shaped dough to rest for 20 minutes.
- Shape the dough into a long form and stick the ends together
- Roll the dough on the sides until you have a round and even crown
- Place the crown on a wet towel and dip it in oat flakes.
- Place the shaped crowns in a humid environment (80% humidity) at 6°C (43°F) for 12 hours.
- Cut around the crown a couple of times.
- Preheat the oven according to your standard baking temperature for rye bread.
- Bake until the bread is golden brown and the internal temperature reaches the desired level.

# Softgrain & Sproutgrain

Want to create tasty and nutritious breads that answer the needs of your customers? Contact your local Puratos team to know more about the local Softgrain & Sproutgrain ranges and start making the difference!

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