

Juvela

FAQ'S JUVELA GLUTEN FREE MIXES

How do gluten free mixes help support coeliac patients?

Gluten free mixes are intended to enable coeliac patients to make different foods to help increase dietary variety and support adherence to a strict gluten free diet.⁽¹⁾

Juvela uses an ingredient called gluten free wheat starch (commonly known as Codex Wheat starch approved by ACBS) to produce their gluten free mix.

Gluten free mixes are fortified with key nutrients.

The use of gluten free mixes may assist coeliac patients in achieving an adequate nutrient intake, therefore negating the need for additional micronutrient supplementation.



What is the nutritional profile of gluten free mix?

In developing Juvela gluten free mix, special consideration has been given to the specific nutritional requirements of coeliac patients. To replicate the nutritional profile of traditional flours, gluten free mix is fortified with key nutrients including calcium, iron, folic acid and fibre. Gluten free mixes contain no added salt.

What other ingredients are added to gluten free mix?

Milk powder and a little sugar is added to gluten free mix to help activate the yeast when used in bread making.

The addition of milk powder has been shown to contribute to the baking quality of the flour mixes with positive results, particularly in bread making. In addition, it helps to increase the calcium content of the product, a key nutrient for patients with coeliac disease.

What recipes and foods can gluten free mix make?

Gluten free mix can be used in replacement of traditional flour in any recipe. It has been shown to be extremely versatile and reliable across a range of baking requirements including bread making, pastry, batters, sauces and special occasion cakes.

Where are Juvela gluten free mixes available?

Juvela gluten free white and fibre mix is available on prescription in England, Scotland, Wales and Northern Ireland. Access may vary depending on local prescribing arrangements.

How sustainable is Juvela gluten free mix packaging?

The outer carton and inner bag are widely recyclable.

BREAD MAKING

How easy is it to make gluten free bread?

Making gluten free bread using Juvela gluten free mixes is quick and simple as the bread only needs to prove once and there's no need to knead.

Gluten free bread can be baked in the oven, or made in an automatic breadmaker.

Download [Top Tips for making the best gluten free bread](#)

Download [Making bread in an Automatic Breadmaker](#)

What additional ingredients are needed to make gluten free bread?

Unlike bread made with plain gluten free flours, Juvela gluten free mixes do not require additional ingredients to make bread.

For ease of use in bread making, a sachet of yeast is included with each box of Juvela mix and a basic bread recipe included on pack.

How much bread does a box of Juvela gluten free mix make?

A 500g box of Juvela Mix (white or fibre) makes 2 good size loaves of bread using 2 x 2lb tins.

Sensory testing ⁽²⁾ has shown that the volume of bread that can be made with a 500g box of gluten free mix is more than that made with plain gluten free flour. ⁽²⁾

How well does bread made with gluten free mix keep?

Sensory data has shown that bread made with gluten-free mix keeps fresh longer than bread made with plain gluten free flour. ⁽²⁾

Can bread made with gluten free mix be frozen?

Sensory data has shown that unlike some brands of plain gluten free flours, bread made with gluten free mix is suitable for freezing. We recommend when making two loaves to eat one as fresh and freeze the other. ⁽²⁾



To find out more:

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(1) Department of Health and Social Care. 2018. Availability of gluten-free foods on NHS prescription. Available at: [https://www.gov.uk/government/...](https://www.gov.uk/government/)

(2) Stojceska, V. (2017) Consumer Perception & Demand. Gluten-free mixes/flours available on prescription in the UK market. Bakery Europe(online). Issue Autumn 2017, pp 20-23. Available from Baking Europe autumn 2017. <http://www.bakingeurope.eu/OnlinePublication/autumn2017/mobile/index.html#p=21>