

## Appendix 2: Recipes

**Table 1: Recipe for bread (Andersson, 1998, p. 7)**

Ingredients	Kg/kg bread
Wheat flour	0,683
Water	0,344
Margarine	0,044
Yeast	0,036
Sugar	0,0072
Salt	0,0063

**Table 2: Recipe for sponge-cake (Cook-book, 1961)**

Ingredients	Kg/ cake
Wheat flour	0,45
Egg	0,12
Butter	0,02
Yeast	0,01
Sugar	0,26
Milk	0,15

**Table 3: Recipe for fruit yoghurt (Arla Sweden 1999, pers.comm.)**

Ingredients	Kg/kg fruit youghurt	
	Min	Max
Jam	0,17	0,13
Youghurt	0,83	0,87

**Table 4: Recipe for jam (Semper Foods, Sweden, 1999, pers.comm.)**

Ingredients	Kg/kg jam
Fruit	0,35
Sugar	0,55
Pektin	0,03
Water	0,07