

# SUNBAKE SOURDOUGH

Real Fermentation, Everyday Convenience

Sunbake Sourdough is crafted using a sourdough bread starter culture with lactic acid bacteria, which is the defining feature of sourdough worldwide. While there is no legal standard in South Africa for what constitutes “real sourdough,” the use of a fermented starter is widely recognised as the key differentiator – & this is central to our process. We combine this real fermentation with modern baking techniques to offer a convenient, sliced and packaged sourdough bread and rolls for everyday use. Our approach delivers the flavour, and digestive benefits consumers expect, at an affordable price compared to artisanal sourdough.

Sunbake Sourdough has a medium glycaemic index (GI) compared to regular bread, making it a better choice for those seeking balanced energy release.

Some purists believe sourdough should only contain flour, water and salt – but this is a preference, not a regulated requirement. Our recipe aligns with European bakery standards, and we are transparent about our ingredients while maintaining the integrity of the sourdough tradition.

For more details, click here to watch our short video: <https://youtu.be/mAkMaD4qDr4>.



Here are some typical questions & answers to help you understand sourdough breads & specifically Sunbake Sourdough better.

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### 1. Is sourdough bread healthier?

Sourdough breads in general are known to have a lower glycaemic index than regular white and brown bread and more bio-available nutrients. Sunbake Sourdough has a medium glycaemic index.

### 2. What's the difference between sourdough and normal bread?

Sourdough uses a natural (mother) starter culture, has a slower fermentation process (usually, a few days), and a distinct flavour. Normal bread is manufactured using quicker processing methods and a specific strain of yeast to do so.

### 3. What is a (mother) starter culture?

A mixture of flour and water that is fermented over a period of time to promote the growth of natural yeasts and lactic acid bacteria to provide a distinct sourdough flavour. In industrial sourdough breads, it is common to add a strain of lactic acid bacteria to support the development of a sourdough that is consistent in flavour.

### 4. Can I make sourdough bread at home?

Yes, with a starter culture and some practice!

### 5. What's the best way to eat sourdough bread?

Enjoy it on its own, toasted, or used in recipes like sandwiches or croutons for soup.

### 6. Is Sunbake Sourdough bread suitable for vegans?

Yes.



### 7. Is Sunbake Sourdough suitable for people with diabetes?

Sunbake Sourdough has a medium glycaemic index. Please consult your doctor or visit a nutritionist to guide you based on your specific body type and health status. For more information on the glycaemic index, visit <https://www.gifoundation.com/books/the-smart-carb-guide/>

### 8. Is Sunbake Sourdough bread gluten-free?

No, but it may be easier to digest for some people with gluten sensitivities.

### 9. Does Sunbake Sourdough bread contain yeast?

Yes, a very small amount (<1%) to help achieve the loaf volume in a reasonable time frame for an industrial bakery.

### 10. How do I store my Sunbake Sourdough bread?

Best stored at room temperature and kept in a bread bag.

### 11. How long does Sunbake Sourdough bread last?

Please refer to the BB on pack for specific details.

### 12. Can I freeze Sunbake Sourdough bread?

Yes, wrap tightly and freeze for up to 1 month.

### 13. Where can I find Sunbake Sourdough?

Sunbake Sourdough is available in retailers like Checkers, SPAR and Pick n' Pay. See our full store lists here: <https://sunbake.co.za/product-range/sourdough-bread-700g/>





To bring further transparency to the ingredients used in our Sunbake Sourdough, we have listed the key ingredients we use and given an explanation as to why we have used them.

- ✔ Sunbake Sourdough was developed with the consumer in mind. We wanted to make special breads like sourdough widely available in a convenient, sliced loaf format for everyday use.
- ✔ Sunbake Sourdough is medium GI and listed in the Smart Carb and GI Guide by the Glycaemic Index Foundation of South Africa.
- ✔ Sunbake Sourdough contains a sourdough starter that is fermented in stages over 46 hours. Commercially available lactic acid bacteria may be added to ensure consistent flavour development across every batch.
- ✔ Calcium carbonate is a source of calcium. Calcium is widely known for strengthening teeth and bones.
- ✔ Vitamin D aids in calcium absorption and together, they develop strong bones.
- ✔ Because our bread is made in an industrial bakery, we require certain ingredients that are typically not found in an artisanal sourdough loaf that has a shorter shelf life, a firmer texture and lower volume. Whereas Sunbake Sourdough lasts almost a week, it remains soft and contains perfectly sized slices for sandwiches!

- Made with a minimal amount of yeast (<1%) to deliver loaf volume in a reasonable timeframe for an industrial bakery.
- Soya flour is a natural emulsifier which improves texture and baked volume. It is also a good source of protein. However, it is not suitable for individuals with a soy allergy.
- Other emulsifiers may be added to strengthen the dough and enhance its stability during the bread-making process, when required. This protects the loaf from collapsing during baking.
- Calcium propionate is a preservative that ensures our bread stays mould-free through our distribution process to our consumers until the BB date is reached. Sourdough breads that rely solely on the preservative action of the sourdough itself have a shorter shelf life and are typically bought at the premises (bakery) where they are made, skipping the distribution process.
- Vegetable (palm) fat adds softness and enhances mouthfeel.
- Ascorbic acid (Vitamin C) is a flour improver that strengthens dough and enhances its stability during the bread-making process. This protects the loaf from collapsing during baking.
- Enzymes are biological compounds created through microbial metabolism and provide softness and texture to bread. Enzymes are also produced by natural yeasts and lactic acid bacteria during sourdough fermentation.



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