

Method for producing bread of enhanced biological value involves kneading dough made from flour, yeast, salt, water, and a food additive, its fermentation, proofing, and baking. Whole-grain wheat flour is used as flour in an amount of 81.5–91.5%. Earth almond (*Cyperus esculentus*) powder is used as a food additive in an amount of 5–15%, which is produced by washing the earth almond tubers, air-drying them to remove excess moisture, drying at a temperature of 60–70 °C to a moisture content of 8–10%, grinding to a particle size of 200–350 µm, and sifting the earth almond powder. Dough fermentation lasts 2.5–3.0 hours, with a dough temperature of 28–35 °C. The fermented dough is divided into pieces based on the established weight of the finished product, taking into account baking shrinkage and moisture loss. The formed dough pieces for pan bread are placed in molds greased with oil. For hearth bread, the dough pieces are rounded and placed in pans. The dough proofs for 30–40 minutes.