

Black Sesame High Protein Dessert

Featuring the sweet, nutty flavor of black sesame, enjoy this high protein dessert that also serves as a meal replacement.

INGREDIENTS

	Quantity (g)	Usage Level
Black Sesame Dessert Powder Mix (Black sesame and sugar)	36	47.23
U.S. Whey Protein Concentrate (Instantized)	15	19.68
U.S. Milk Protein Concentrate	15	19.68
Dairy Creamer Powder (25% fat)	5	6.56
Flavor Cream	0.4	0.52
Flavor Masking	0.4	0.52
Cellulose	0.13	0.17
Xanthan	0.13	0.17
Mineral Premix	4	5.25
Vitamin Premix	0.12	0.16
Sucralose	0.05	0.07
Total	76.23	100

PREPARATION

1. Blend all the dry ingredients together till well-incorporated.
2. Pour all the blended ingredients into a sports shaker bottle.
3. Add in 250 - 350 ml of water.
4. Shake well and serve.



BENEFITS OF USING U.S. DAIRY

Whey Protein Concentrate

- Boosts protein content and contains all of the essential amino acids required for good health.

Milk Protein Concentrate

- Adds dairy protein and calcium

NUTRITIONAL CONTENT PER 100G (BASED ON DRY-MIX):

Per 100g	
Calories	442kcal
Total Fat	17.8g
Saturated Fat	3.1g
Trans Fat	0.1g
Cholesterol	3.7mg
Total Carbohydrates	30.7g
Dietary Fiber	0.3g
Sugars	0.7g
Protein	35.8g
Calcium	1065mg
Magnesium	219mg
Phosphorus	1026mg
Potassium	2435mg
Sodium	290mg
Iron	11mg
Vitamin A	3144IU
Vitamin C	46.5mg

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This formula serves as a reference. Product developers are encouraged to modify the formula to meet manufacturing and finished product specifications needs. Developed by U.S. Dairy Export Council Southeast Asia.