

High-Protein Yogurt



INGREDIENTS


	Usage Levels (%)
Whole milk	46.2
Skimmed milk	24.0
Flavor (strawberry)	20.0
Whey protein concentrate, 80% protein (WPC 80)	4.8
Sucrose	4.8
Gelatin	0.2
Total	100.00

NUTRITIONAL CONTENT

Per 100g	
Calories	200 kcal
Total Fat	3 g
Saturated Fat	2 g
Trans Fat	0 g
Cholesterol	20 mg
Total Carbohydrates	34 g
Dietary Fiber	0 g
Sugars	32 g
Protein	11 g
Sodium	75mg
Iron	0mg

PREPARATION

1. **Standardize yogurt mix at 2% milkfat.**
2. **Homogenize at 15.86 MPa (2300 psi).**
3. **Pasteurize at 92°C (198°F) for 30 seconds.**
4. **Cool to 25°C (77°F) and keep at refrigeration conditions 4°C (39°F), overnight.**
5. **Warm up to 42°C (108°F).**
6. **Inoculate starter culture (following the manufacturer's recommendations).**
7. **Agitate for 10 minutes to distribute the culture evenly. Maintain temperature at 42°C (108°F) during the fermentation process. Stop fermentation process when pH is 4.4 (around 4.5 hours).**
8. **Add flavoring at a rate of 15% (w/w).**
9. **Store at 4°C (39°F).**

Rely on the dynamic lineup of U.S. dairy to meet consumer demands for global product development. The U.S. Dairy Export Council (USDEC) offers resources on ThinkUSAdairy.org including a dairy ingredient supplier search, consumer, nutrition and product research, technical insights and prototype assistance to help develop and launch your next successful product.  [@ThinkUSAdairy](https://twitter.com/ThinkUSAdairy)

This formula serves as a reference. Product developers are encouraged to modify the formula to meet manufacturing and finished product specification needs. Developed at the Food Industries Center, The Ohio State University. ©2014 U.S. Dairy Export Council.