

High Protein Bar: Berries



INGREDIENTS

| | Usage Levels (%) |
|---|------------------|
| Whey protein isolate (WPI), Whey protein hydrolysate protein blend | 32.3 |
| Chocolate compound coating | 14.8 |
| Maltitol | 13.0 |
| Glycerin | 13.0 |
| Cocoa butter | 7.8 |
| Whey crisp, 50% | 5.2 |
| Rolled oats | 4.5 |
| Apples, dried | 4.5 |
| Rice protein | 2.5 |
| Inulin | 1.3 |
| Flavor, masking | 0.6 |
| Flavor, strawberry | 0.5 |
| Total | 100.00 |

NUTRITIONAL CONTENT

| Per 100g | |
|----------------------------|---------|
| Calories | 390kcal |
| Total Fat | 13g |
| Saturated Fat | 7g |
| Trans Fat | 0g |
| Cholesterol | 5mg |
| Total Carbohydrates | 43g |
| Dietary Fiber | 3g |
| Sugars | 12g |
| Protein | 36g |
| Calcium | 43mg |
| Magnesium | 3mg |
| Phosphorus | 13mg |
| Potassium | 60mg |
| Sodium | 320mg |
| Iron | 1mg |
| Vitamin A | 21IU |
| Vitamin C | 1mg |

PREPARATION

- Melt cocoa butter and mix with glycerin, maltitol and flavors.**
- In a separate bowl, dry blend all remaining ingredients except the whey proteins and compound coating.**
- Combine liquid mix from step 1 and dry blend from step 2 until well blended.**
- Mix in the whey protein blend until wet, being careful not to over mix.**
- Roll out and cut into bars or extrude.**
- Coat with chocolate compound coating (see formula in the Confectionery section).**

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 by Glanbia Nutritionals USA. ©2014 U.S. Dairy Export Council.