

# Reduced-Carb Baked Cinnamon Granola Bites



## INGREDIENTS

|   | Usage Levels (%) |
|---|------------------|
| Malitol   | 18.43            |
| Water   | 14.91            |
| Almonds, ground                                       | 8.13             |
| Fiber, oat  | 7.59             |
| Flour, whole wheat                                    | 7.18             |
| <b>Whey protein crisps</b>                            | <b>6.23</b>      |
| <b>Butter, unsalted</b>                               | <b>5.42</b>      |
| <b>Whey protein concentrate, 60% protein (WPC 60)</b> | <b>5.08</b>      |
| Plum powder   | 4.88             |
| Crisp cereal, brown rice                              | 4.07             |
| Rolled oats, old-fashioned                            | 4.07             |
| Rolled oats, quick                                    | 4.06             |
| Raisins   | 3.66             |
| Oil, vegetable  | 2.71             |
| Flax seed, ground                                     | 1.35             |
| Glycerine   | 0.65             |
| Cinnamon  | 0.54             |
| Psyllium  | 0.54             |
| Salt  | 0.30             |
| Sodium bicarbonate                                    | 0.18             |
| Sucralose   | 0.02             |
| <b>Total</b>  | <b>100.00</b>    |

## BENEFITS OF USING U.S. DAIRY

### Whey Protein Concentrate (WPC 60)

- Adds protein/fat and minimizes the contribution of carbohydrates in the form of lactose
- Enhances nutrition and plays a role in promoting adherence of the particles to each other
- Contains fats that contribute to a good mouthfeel and enhance texture

### Whey Protein Crisps

- Provide a great way to add more protein and contribute to the crisp texture of a granola bar

## NUTRITIONAL CONTENT

### U.S. Label

## Nutrition Facts

Serving Size 33 g (makes 8 fl oz)  
Servings Per Container

| Amount Per Serving            |                            | % Daily Value*        |            |
|-------------------------------|----------------------------|-----------------------|------------|
| <b>Calories</b> 120           | <b>Calories from Fat</b> 0 |                       |            |
|                               |                            | <b>% Daily Value*</b> |            |
| <b>Total Fat</b> 0g           |                            |                       | <b>0%</b>  |
| Saturated Fat 0g              |                            |                       | <b>0%</b>  |
| Trans Fat 0g                  |                            |                       |            |
| <b>Cholesterol</b> 5mg        |                            |                       | <b>2%</b>  |
| <b>Sodium</b> 15mg            |                            |                       | <b>1%</b>  |
| <b>Total Carbohydrate</b> 18g |                            |                       | <b>6%</b>  |
| Dietary Fiber 0g              |                            |                       | <b>0%</b>  |
| Sugars 16g                    |                            |                       |            |
| <b>Protein</b> 10g            |                            |                       | <b>20%</b> |
| Vitamin A 0%                  | Vitamin C 0%               |                       |            |
| Calcium 25%                   | Iron 0%                    |                       |            |
| Phosphorus 15%                | Copper 2%                  |                       |            |
| Manganese 6%                  |                            |                       |            |

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

|                    | 2,000             | 2,500   |
|--------------------|-------------------|---------|
| Total Fat          | Less than 65g     | 80g     |
| Saturated Fat      | Less than 20g     | 25g     |
| Cholesterol        | Less than 300mg   | 300mg   |
| Sodium             | Less than 2,400mg | 2,400mg |
| Total Carbohydrate | 300g              | 375g    |
| Dietary Fiber      | 25g               | 30g     |
| Protein            | 50g               | 65g     |

Calories per gram:  
Fat 9 • Carbohydrate 4 • Protein 4

## PREPARATION

1. **Combine dry ingredients in the bowl of a large mixer. Mix on low speed for 2 minutes.**
2. **Add butter and vegetable oil into dry ingredients and mix until evenly distributed.**
3. **Combine maltitol with glycerine and add to dry ingredients, mixing on low for 1 minute.**
4. **Add water and mix on low for 1 1/2 minutes, or until mixture comes together.**
5. **Sheet bars to 8 mm (0.25") thickness and cut into 25 x 38 mm (1 x 1.5") pieces. Place on parchment-lined pans so they are not touching each other.**
6. **Bake at 400°F (204°C) for 10 minutes.**

Rely on the dynamic lineup of U.S. dairy to meet consumer demands in global product development. The U.S. Dairy Export Council® (USDEC) offers resources on [ThinkUSAdairy.org](http://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 specifications needs. Developed at the Wisconsin Center for Dairy Research, University of Wisconsin-Madison. ©2015 U.S. Dairy Export Council.