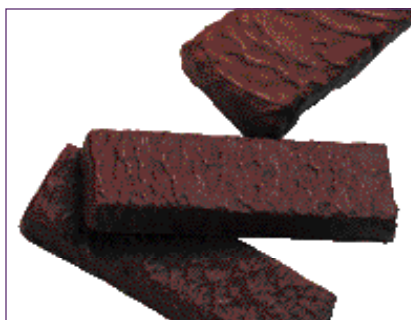


## High Protein Bar: Berries



### Nutrition Content per 100 g

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

Ingredients	% Weight
<b>Whey protein isolate (WPI), Whey protein hydrolysate protein blend</b>	32.3
Chocolate compound coating	14.8
Maltitol	13.0
Glycerin	13.0
Cocoa butter	7.8
<b>Whey crisp, 50%</b>	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

### Procedure

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