

# High-Protein Granola Bar: Whey Good Bar



## Nutrition Content per 100 g

<b>Calories</b>	415 kcal
<b>Total Fat</b>	15 g
Saturated Fat	7 g
Trans Fat	0 g
Cholesterol	15 mg
<b>Total Carbohydrates</b>	63 g
Dietary Fiber	2 g
Sugars	37 g
<b>Protein</b>	12 g

Ingredients	% Weight
<b>Chewy Granola Bar</b>	<b>100.0</b>
Granola cereal	35.4
<b>Whey crisp, 50%</b>	18.4
Corn syrup, 62/43 DE	10.0
High maltose rice syrup, 42 DE	6.6
Vegetable oil	5.4
Sugar syrup, invert	5.3
<b>Whey protein isolate (WPI), whey protein hydrolysate blend</b>	5.1
Almonds, whole, dry roasted	2.7
Corn syrup solids, 25 DE	2.6
Sorbitol, USP	2.4
Water	2.2
Honey	1.1
<b>Milk calcium</b>	0.9
Dried coconut, unsweetened	0.8
<b>Skimmed milk powder</b>	0.8
Salt	0.2
Vanilla extract, bourbon	0.1

<b>Caramel Layer</b>	<b>100.0</b>
Corn syrup, 42/43 DE	30.7
Sugar, granulated	24.9
Water (1)	18.5
Water (2)	6.4
<b>Butter, lightly salted</b>	6.2
<b>Dairy calcium</b>	6.2
<b>Whey protein concentrate, 34% protein (WPC 34)</b>	6.0
Soybean lecithin oil	0.5
Salt	0.4
Flavors (caramel, dairy and vanillin)	0.2

## Bar Ratios

Chewy granola bar, 53.8%

Caramel layer, 23.1%

Milk chocolate coating, 23.1% (See Confectionery Section for application)

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### Procedure *(con't)*

#### Chewy Granola Bar

1. Combine granola cereal, coconut, almonds, whey crisp, dairy calcium and WPI/whey protein hydrolysate blend.
2. Combine remaining ingredients, except vanilla.
3. Heat syrup to 88°C (190°F).
4. Add cooked syrups to the dry blend in a mixer, add the vanilla extract and coat until uniform.
5. Compress into a 1.4 cm (0.6") thick sheet that is 31 x 45 cm (12 x 18") and cool.
6. Apply caramel to granola base at 23% (see caramel formulation).
7. Cut into bars 3.18 x 10.16 cm (1.3 x 4") to a weight of 45 grams.
8. Enrobe with milk chocolate to a weight of 60 grams or 23% chocolate.
9. Package.

#### Caramel Layer

1. Mix WPC 34 in water (1).
2. Combine corn syrup, sugar, butter, lecithin oil, salt, water (2) and a quarter of the WPC 34 mixture.
3. Mix together for several minutes to emulsify. Bring to a boil.
4. Stir in the remainder of the WPC 34 mixture. Cook to 115°C (239°F) while stirring constantly until 83 Brix is reached.
5. Add dairy calcium and flavors; mix well.
6. Pour over granola slab at 23%. Cool.