

Meal Replacement Bars



Ingredients	% Weight		
	Enrobed Chewy Bar	Fruit & Crisp Bar	Peanut Butter Bar
Whey protein concentrate, 80% protein (WPC 80)	24.0	-	-
Whey protein isolate (WPI)	-	4.8	11.12
Whey protein isolate (WPI), hydrolyzed	-	-	9.79
Rice crisp	-	14.1	-
Rice syrup	17.0	22.0	-
Enrobing chocolate	16.1	-	14.79
Oats, rolled and/or quick	8.3	21.2	-
Honey	8.0	-	18.29
High fructose corn syrup	-	-	16.17
Dried fruit, assorted	-	22.4	-
Peanut butter	-	-	8.33
Skimmed milk powder	7.8	-	-
Raisin paste	7.8	-	-
Peanuts, or other nuts	4.3	-	7.24
Peanut flour	4.2	-	7.33
Butter or soy oil	2.3	3.4	-
Maltodextrin	-	-	3.52
Water	-	10.6	-
Glycerin	-	1.0	-
Milk calcium	0.2	-	-
Soy fiber	-	-	0.61
Flavors, vitamin/mineral blend	as desired	0.5	2.81

Procedure

1. Combine all wet ingredients in mixer for 3 minutes on medium.
2. Dry blend remaining ingredients except, fruit and nuts.
3. Add dry ingredients to wet and blend well, and then add fruits and nuts.
4. Fruit & Crisp Bar is baked. The Chewy Bar and Peanut Butter Bar are extruded, and then enrobed.

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Nutrition Content per 100 g

	Enroberd Chewy Bar	Fruit & Crisp Bar	Peanut Butter Bar
Calories	410 kcal	370 kcal	400 kcal
Total Fat	12 g	6 g	12 g
Saturated Fat	3.5 g	1.5 g	2.5 g
Trans Fat	0 g	0 g	0 g
Cholesterol	25 mg	0 mg	0 mg
Total Carbohydrates	51 g	69 g	48 g
Dietary Fiber	3 g	4 g	3 g
Sugars	30 g	32 g	29 g
Protein	27 g	9 g	29 g
Calcium	330 mg	112 mg	455 mg
Magnesium	71 mg	28 mg	178 mg
Phosphorus	205 mg	69 mg	444 mg
Potassium	450 mg	105 mg	260 mg
Sodium	120 mg	250 mg	310 mg
Iron	1 mg	4 mg	7 mg
Vitamin A	31 IU	706 IU	1086 IU
Vitamin C	2 mg	11 mg	21 mg