

Whey & Peanut Butter Cardiovascular Health Bar



Nutrition Content per 100 g

Calories	390 kcal
Total Fat	13 g
Saturated Fat	4.5 g
Trans Fat	0 g
Cholesterol	0 mg
Total Carbohydrates	44 g
Dietary Fiber	3 g
Sugars	20 g
Protein	29 g
Calcium	275 mg
Magnesium	126 mg
Phosphorus	343 mg
Potassium	300 mg
Sodium	250 mg
Iron	5 mg
Vitamin A	645 IU
Vitamin C	12 mg

Ingredients*	% Weight
Honey	18.29
High fructose corn syrup	16.17
Chocolate coating	14.89
Whey protein isolate (WPI)	11.12
Whey protein isolate (WPI), hydrolyzed	9.79
Peanut butter	8.33
Peanut flour	7.33
Peanuts, chopped	7.24
Maltodextrin	3.52
Vitamin/mineral blend	1.68
Vanilla extract	1.03
Soy fiber	0.61

*40% Carbohydrate/30% Protein/30% Fat

Procedure

1. Place honey, high fructose corn syrup, peanut butter and vanilla extract into mixer with paddle attachment. Blend for 1 minute on medium.
2. Dry blend remaining ingredients, except for chocolate coating. Add to mixer and mix on low speed until all ingredients are evenly incorporated.
3. Extrude or form as desired. Enrobe with chocolate coating.