

## High-Protein 'Whey Good' Yogurt Bites



### Nutrition Content per 100 g (~6 pcs)

<b>Calories</b>	426 kcal
<b>Total Fat</b>	16 g
Saturated Fat	10 g
Trans Fat	1 g
Cholesterol	20 mg
<b>Total Carbohydrates</b>	61 g
Dietary Fiber	1 g
Sugars	42 g
<b>Protein</b>	13 g
Calcium	601 mg
Magnesium	48 mg
Phosphorus	356 mg
Potassium	160 mg
Sodium	201 mg
Iron	1 mg
Vitamin A	322 IU
Vitamin C	1 mg

Ingredients	% Weight
<b>Chewy Granola Bar</b>	<b>100.00</b>
<b>Whey crisps, 70% protein</b>	17.90
Corn syrup, 62/43 DE	9.70
Clarified high maltose rice syrup, 42 DE	6.51
Honey	6.32
Soybean and cottonseed oil blend, hydrogenated, high stability	5.26
<b>Whey protein isolate (WPI), partially hydrolyzed</b>	4.98
Almonds, whole, dry roasted	2.63
Corn syrup solids, 25 DE	2.53
Flavoring, artificial (sweetness reducer)	2.51
Sorbitol, USP	2.32
Water	2.10
<b>Milk calcium</b>	0.86
<b>Skimmed milk powder</b>	0.81
Dried coconut, unsweetened	0.81
Salt	0.16
Flavor, honey	0.10
Vanilla extract	0.05

Ingredients	% Weight
<b>Caramel Layer Mix</b>	<b>100.00</b>
Corn syrup, 42/43 DE	30.43
Sugar, granulated	24.70
Water (1)	18.37
Water (2)	6.35
<b>Butter, lightly salted</b>	6.11
<b>Milk calcium</b>	6.11
<b>Whey protein concentrate, 80% protein (WPC 80)</b>	5.93
Soybean lecithin oil	0.49
Salt	0.39
Flavor, honey	1.07
Flavor, vanillin	0.05

### Benefits of Using U.S. Dairy Ingredients

Tempting sweet treat with a nutritional *plus*

- *Plus* dairy minerals
- *Plus* dairy proteins

The calcium in the 'whey good' yogurt bites comes from dairy; it is natural, and efficiently absorbed by your body

- Each piece provides 10%\* of an adult's daily calcium need

Whey protein is added to this delicious sweet treat. Each bite delivers more than 2 grams of protein

- Protein is what is typically missing in candy and/or granola bars
- Protein will satisfy your hunger longer

\* World Health Organization (2004) Vitamin and Mineral Requirements in Human Nutrition, Second Edition. <http://whqlibdoc.who.int/publications/2004/9241546123.pdf>

*Satisfy that sweet craving in a nutritious way*

# High-Protein 'Whey Good' Yogurt Bites

## Procedure

### Chewy Granola Bar Mix

1. Combine granola cereal, coconut, almonds, whey crisps, milk calcium and partially hydrolyzed WPI.
2. Combine remaining ingredients, except vanilla extract and honey flavor.
3. Heat syrup to 71°C (160°F).
4. Add cooked syrups to the dry blend in a mixer, add the vanilla extract and honey flavor; and coat until uniform.

### Caramel Layer Mix

1. Mix WPC 80 in water (1).
2. Combine corn syrup, sugar, butter, lecithin oil, salt, water (2) and a quarter of the WPC 80 mixture.
3. Mix together for several minutes to emulsify. Bring to a boil.
4. Stir in the remainder of the WPC 80 mixture. Cook to 115°C (239°F) while stirring constantly until 83 Brix is reached.
5. Add milk calcium and flavors; and mix well.

### Bar Ratios

Chewy granola bar mix	50%
Caramel layer mix	19%
Yogurt coating	31%
Topping - almonds, salted, dry roasted	<1%

### Bar Assembly

1. Compress 1.6 kg of chewy granola bar mix into a 46 x 30 x 1.5 cm (18 x 12 x 0.6") sheet; and cool.
2. Poor 608 g of caramel mix onto the sheeted granola mix; and cool.
3. Cut into 2.5 x 2.5 cm (1 x 1") pieces - 216 pieces per tray.
4. Enrobe with yogurt coating. Use approximately 1 kg of coating to cover 216 pieces.
5. Apply ground nuts to the top of each bite after enrobing. Amount applied is approximately 22 g per 216 bars.
6. Package.