

Reduced-Carb Baked Cinnamon Granola Bites



Nutrition Facts	
Serving Size (28g)	
Servings Per Container	
Amount Per Serving	
Calories 80	Calories from Fat 35
	% Daily Value*
Total Fat 4g	6%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 5mg	1%
Sodium 50mg	2%
Total Carbohydrate 15g	5%
Dietary Fiber 3g	13%
Sugars 1g	
Protein 3g	
Vitamin A 2%	• Vitamin C 0%
Calcium 4%	• Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Ingredients	% Weight
Malitol	18.43
Water	14.91
Almonds, ground	8.13
Fiber, oat	7.59
Flour, whole wheat	7.18
Whey protein crisps	6.23
Butter, unsalted	5.42
Whey protein concentrate, 60% protein (WPC 60)	5.08
Plum powder	4.88
Crisp cereal, brown rice	4.07
Rolled oats, old-fashioned	4.07
Rolled oats, quick	4.06
Raisins	3.66
Oil, vegetable	2.71
Flax seed, ground	1.35
Glycerine	0.65
Cinnamon	0.54
Psyllium	0.54
Salt	0.30
Sodium bicarbonate	0.18
Sucralose	0.02

Procedure

1. Combine dry ingredients in the bowl of a large mixer. Mix on low speed for 2 minutes.
2. Add butter and vegetable oil into dry ingredients and mix until evenly distributed.
3. Combine maltitol with glycerine and add to dry ingredients, mixing on low for 1 minute.
4. Add water and mix on low for 1 1/2 minutes, or until mixture comes together.
5. Sheet bars to 8 mm (0.25") thickness and cut into 25 x 38 mm (1 x 1.5") pieces. Place on parchment-lined pans so they are not touching each other.
6. Bake at 400°F (204°C) for 10 minutes.

Benefits of Using U.S. Dairy Ingredients

WPC 60

- Adds protein/fat and minimizes the contribution of carbohydrates in the form of lactose
- Enhances nutrition and plays a role in promoting adherence of the particles to each other
- Contains fats that contribute to a good mouthfeel and enhance texture

Whey Protein Crisps

- Provide a great way to add more protein and contribute to the crisp texture of a granola bar