

# Meal Replacement Beverage



## Nutrition Content per 100 g

<b>Calories</b>	100 kcal
<b>Total Fat</b>	3 g
Saturated Fat	2 g
Trans Fat	0 g
Cholesterol	10 mg
<b>Total Carbohydrates</b>	14 g
Dietary Fiber	0 g
Sugars	3 g
<b>Protein</b>	4 g
Calcium	108 mg
Magnesium	10 mg
Phosphorus	104 mg
Potassium	75 mg
Sodium	105 mg
Iron	0 mg
Vitamin A	173 IU
Vitamin C	1 mg

Ingredients*	% Weight
Water	47.37
Skimmed milk	28.81
Sucrose	8.00
Cream, 40% milkfat	7.57
Whey protein concentrate, 34% protein (WPC 34)	5.73
Skimmed milk powder, low-heat	2.30
Sodium tripolyphosphate	0.10
Kappa-2 carrageenan	0.06
Lecithin	0.03
Mono & diglycerides	0.03
Vitamins & minerals	as desired

\*This formula uses a 40/60 ratio of Casein: Whey Protein

## Procedure

1. Disperse the vitamins, minerals, sugar and emulsifiers with water.
2. Add skimmed milk, cream, WPC 34 and skimmed milk powder.
3. Heat to 70°C (158°F).
4. Homogenize at 55 MPa (8,000 psi) before retorting.
5. Retort using appropriate time and temperature values (121°C (250°F) for 6 minutes in stork retort).