

Stirred Yogurt with Fruit



Nutrition Content per 100 g

Calories	130 kcal
Total Fat	3.5 g
Saturated Fat	2 g
Trans Fat	0 g
Cholesterol	15 mg
Total Carbohydrates	21 g
Dietary Fiber	0 g
Sugars	19 g
Protein	4 g

Ingredients	% Weight
Yogurt Base	100.00
Fresh whole milk (3.5% fat, 9.1% MSNF)	84.75
Sucrose	7.50
Culture	3.00
Whey protein concentrate, 34% protein (WPC 34)	2.00
Anhydrous milkfat (AMF)	0.90
Modified food starch	0.90
Skimmed milk powder	0.70
Kosher gelatin	0.25
Final Stirred Yogurt	100.00
Yogurt base	88.00
Stabilized fruit base	12.00
Flavor and color	variable

Procedure

Yogurt Base

1. Add dry ingredients into fresh milk and allow to hydrate.
2. Warm to 60°C (140°F) and add anhydrous milkfat.
3. HTST pasteurize and homogenize.
4. Heat to 85°C (185°F) and hold for 30 minutes with slow mixing.
5. Cool to 42°C (108°F) and mix in culture.
6. Incubate at 42°C (108°F) until pH reaches 4.6.
7. Break the gel and pump yogurt through a screen into the mix tank.

Final Stirred Yogurt

1. Add heat processed fruit base (aseptically packaged if available) to yogurt base at an 88:12 ratio.
2. Add flavor and color if desired.
3. Gently mix to obtain a uniform blend.
4. Package and store at 0-4°C (32-39°F).