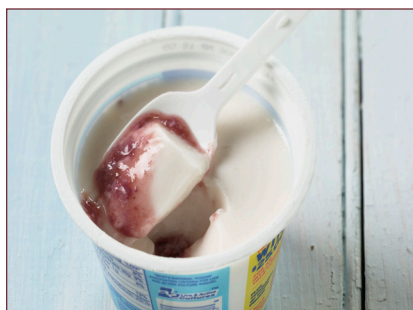


## High-Protein Yogurt



### Nutrition Content per 100 g

|                            |          |
|----------------------------|----------|
| <b>Calories</b>            | 200 kcal |
| <b>Total Fat</b>           | 3 g      |
| Saturated Fat              | 2 g      |
| Trans Fat                  | 0 g      |
| Cholesterol                | 20 mg    |
| <b>Total Carbohydrates</b> | 34 g     |
| Dietary Fiber              | 0 g      |
| Sugars                     | 32 g     |
| <b>Protein</b>             | 11 g     |
| Sodium                     | 75 mg    |
| Iron                       | 0 mg     |

| Ingredients                                    | % Weight |
|--|----------|
| Whole milk                                     | 46.2     |
| Skimmed milk                                   | 24.0     |
| Flavor (strawberry)                            | 20.0     |
| Whey protein concentrate, 80% protein (WPC 80) | 4.8      |
| Sucrose  | 4.8      |
| Gelatin  | 0.2      |

### Procedure

1. Standardize yogurt mix at 2% milkfat.
2. Homogenize at 15.86 MPa (2300 psi).
3. Pasteurize at 92°C (198°F) for 30 seconds.
4. Cool to 25°C (77°F) and keep at refrigeration conditions 4°C (39°F), overnight.
5. Warm up to 42°C (108°F).
6. Inoculate starter culture (following the manufacturer's recommendations).
7. Agitate for 10 minutes to distribute the culture evenly. Maintain temperature at 42°C (108°F) during the fermentation process. Stop fermentation process when pH is 4.4 (around 4.5 hours).
8. Add flavoring at a rate of 15% (w/w).
9. Store at 4°C (39°F).