## **High-Protein Yogurt**



## Nutrition Content per 100 g

Calories	200 kcal
Total Fat	3 g
Saturated Fat	2 g
Trans Fat	0 g
Cholesterol	20 mg
Total Carbohydrates	34 g
Dietary Fiber	0 g
Sugars	32 g
Protein	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).
- 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).



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