

## Low-Fat Yogurt Smoothie



### Nutrition Content per 100 g

<b>Calories</b>	60 kcal
<b>Total Fat</b>	1 g
Saturated Fat	0.5 g
Trans Fat	0 g
Cholesterol	5 mg
<b>Total Carbohydrates</b>	10 g
Dietary Fiber	0 g
Sugars	8 g
<b>Protein</b>	3 g

Ingredients	% Weight
<b>Yogurt Base</b>	<b>100.0</b>
<b>Low-fat milk</b> (2% fat, 10% MSNF)	75.0
<b>Skimmed milk</b> (0.2% fat, 9% MSNF)	14.3
Sucrose	5.0
Culture	3.0
<b>Whey protein concentrate, 80% protein (WPC 80)</b>	1.4
Modified food starch	0.9
Kosher gelatin	0.4

Flavor Solution	100.0
Water	81.6
Sucrose	12.5
Fruit juice concentrate (3:1)	5.0
Modified food starch	0.9
Flavor and color	variable

Yogurt Smoothie	100.0
Yogurt base	60.0
Flavor solution	40.0

### Procedure

#### Yogurt Base

1. Mix WPC 80 into low-fat and skimmed milk.
2. Mix modified food starch and gelatin with sucrose and add to milk mixture.
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 4.5.
7. Break the gel and cool to 18-20°C (64-68°F).

#### Flavor Solution

1. Mix modified food starch with sucrose and add to water.
2. Mix in fruit juice concentrate.
3. Pasteurize at 90°C (194°F), hold 15-30 seconds.
4. Cool to 18-20°C (64-68°F).

#### Final Yogurt Smoothie

1. Mix yogurt base and flavor solution at a 60:40 ratio.
2. Homogenize at (low pressure) <3.5 MPa (508 psi).
3. Bottle and store at 0-4°C (32-39°F).