

Protein-Fortified Low-Fat Strawberry Drinkable Yogurt



Nutrition Content per 100 g

Calories	50 kcal
Total Fat	0.5 g
Saturated Fat	0 g
Trans Fat	0 g
Cholesterol	0 mg
Total Carbohydrates	4 g
Dietary Fiber	0 g
Sugars	3 g
Protein	8 g

Ingredients	% Weight
Yogurt Base	100.00
Fresh skimmed milk (0.2% fat, 9% MSNF)	96.80
Whey protein concentrate, 80% protein (WPC 80), high-gelling	3.00
Culture, commercial frozen concentrate	0.20

Drinkable Yogurt	100.00
Water	45.95
Yogurt base (from above)	36.00
Frozen strawberry puree	10.00
Whey protein concentrate, 80% protein (WPC 80), high-gelling	7.20
Strawberry flavor	0.45
Pectin, high methoxyl	0.27
Sucralose solution	0.05
Citric acid	0.05
Potassium sorbate	0.03

Procedure

Yogurt Base

1. Hydrate dry ingredients for yogurt base in fresh milk.
2. Heat to 90°C (194°F) and hold for 10 minutes. Cool to 40°C (104°F).
3. Inoculate with yogurt starter culture.
4. Incubate at 42°C (108°F) until pH reaches 4.4.
5. Agitate yogurt at high speed. Then cool to 20-25°C (68-77°F).

Drinkable Yogurt

1. Dissolve pectin and protein into water.
2. Combine pectin-protein solution, flavor, strawberry puree and remaining ingredients.
3. Agitate drinkable yogurt-mix slowly for at least 15 minutes.
4. Pasteurize at 90-95°C (194-203°F) for 10-15 seconds.
5. Fill and store at 0-4°C (32-39°F).