Yogurt Drink



Nutrition Content per 100 g

Calories	40 kcal
Total Fat	0 g
Saturated Fat	0 g
Trans Fat	0 g
Cholesterol	0 mg
Total Carbohydrates	6 g
Dietary Fiber	0 g
Sugars	6 g
Protein	4 g
Calcium	108 mg
Magnesium	14 mg
Phosphorus	73 mg
Potassium	120 mg
Sodium	45 mg
Iron	0 mg
Vitamin A	2 IU
Vitamin C	1 mg

Ingredients	% Weight
Water	89.60
Skimmed milk powder	6.24
Lactose	2.28
Whey protein concentrate, 80% protein (WPC 80)	1.88
Culture	as needed
Sweetener	as required

Procedure

- 1. Combine all ingredients.
- 2. Heat to 82°C (180°F) and hold for 15 minutes. Cool to 36°C (97°F).
- 3. Inoculate with culture. Incubate for 6 hours, or until final pH is 4.25-4.35.
- 4. Cool to 7°C (45°F).
- 5. Sweeten to desired level with sweetener of choice.
- 6. Store refrigerated.



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