

High-Protein Energy Bar



INGREDIENTS

	Usage Levels (%)
Whey protein isolate (WPI), Whey protein concentrate, 80% protein (WPC 80) protein blend	23.95
Rice syrup	16.95
Enrobing chocolate	16.10
Oats	8.40
Honey	8.10
Skimmed milk powder	7.80
Raisin paste	7.80
Soy nuts	4.25
Peanut flour	4.20
Soy oil	2.25
Milk minerals	0.20
Total	100.00

NUTRITIONAL CONTENT

Per 100g	
Calories	390kcal
Total Fat	12g
Saturated Fat	5g
Trans Fat	0g
Cholesterol	15mg
Total Carbohydrates	46g
Dietary Fiber	6g
Sugars	20g
Protein	31g
Calcium	239mg
Magnesium	90mg
Phosphorus	205mg
Potassium	550mg
Sodium	210mg
Iron	2mg
Vitamin A	18IU
Vitamin C	2mg

PREPARATION

1. **Mix the whey protein blend, skimmed milk powder, milk minerals and peanut flour at low speed for approximately 5 minutes until well blended.**
2. **Continue mixing and add the liquid ingredients (rice syrup, honey, soybean oil and raisin paste). Mix until uniform.**
3. **Add oats and soy nuts and mix at low speed until uniformly blended.**
4. **Form bar into desired size by extruding or pressing. Coat in enrobing chocolate.**
5. **Package.**

Rely on the dynamic lineup of U.S. dairy to meet consumer demands for global product development. The U.S. Dairy Export Council (USDEC) offers resources on ThinkUSAdairy.org including a dairy ingredient supplier search, consumer, nutrition and product research, technical insights and prototype assistance to help develop and launch your next successful product. [@ThinkUSAdairy](https://twitter.com/ThinkUSAdairy)

This formula serves as a reference. Product developers are encouraged to modify the formula to meet manufacturing and finished product specification needs. Developed at the California Polytechnic State University. ©2014 U.S. Dairy Export Council.