



High Protein Energy Bar

Whey Protein Concentrate in Energy Bars

Blending whey and milk proteins with soy protein adds optimal levels of nutrients such as branched chain amino acids and calcium without compromising desired flavor characteristics. Using WPC and Nonfat Dry Milk boosts the nutritional profile by adding protein, calcium and minerals.

Energy Bar Formulation

| <u>Ingredient</u> | <u>Percent</u> |
|--|----------------|
| Protein Blend (Whey Protein Concentrate, Milk Protein Isolate, Soy Protein Concentrate) | 23.95 |
| Rice Syrup | 16.95 |
| Enrobing Chocolate | 16.10 |
| Oats | 8.40 |
| Honey | 8.10 |
| Nonfat Dry Milk (NDM) | 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 |

Procedure:

1. Mix the protein blend, NDM, 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.

Nutrition Facts:

| | | |
|-------------------------------|----------------|-----------------------------|
| Serving Size: | 1 Bar | 50 grams |
| <u>Servings Per Container</u> | <u>1</u> | |
| Amount Per Serving | | |
| Calories | 200 | Calories from fat 50 |
| | | % Daily Value |
| Total Fat | 6 g | 9% |
| Saturated Fat | 3 g | 15% |
| Cholesterol | Less than 5 mg | 1% |
| Sodium | 150 mg | 6% |
| Total Carbohydrate | 22g | 7% |
| Dietary Fiber | 1g | 4% |
| Sugars | 16 g | |
| Protein | 14 g | |
| Vitamin A | 0% | Vitamin C 0% |
| Calcium | 10% | Iron 0% |