



Smoothie Mix

Nonfat Dry Milk in Beverages

Nonfat dry Milk (NDM) is a versatile ingredient with applications in virtually every food category. In beverages, NDM can provide some foaming, nutritional, color and flavor properties. The Whey Protein Isolate, as well as the Nonfat Dry Milk, boosts the nutrition profile by adding protein, minerals and calcium.

Smoothie Mix Formulation

<u>Ingredients</u>	<u>Percentage</u>
Nonfat Dry Milk	43.55
Protein Blend (Whey Protein Isolate, Soy Protein Concentrate)	23.10
Fructose	18.85
Creamer	7.80
Vanilla Flavor	3.65
Guar Gum	1.75
Xanthan Gum	0.90
Vitamin Premix	0.25
Carrageenan	<u>0.15</u>
Total	100.00

Procedure:

1. Blend sugars, carrageenan and gums. Mix until well blended.
2. Add vitamin premix and mix until well dispersed.
3. Add remaining ingredients. Mix well.
4. Package.

Net weight = 34 grams.

Nutrition Information:

Serving Size (beverage mix)		36.50	
Calories		140	
Protein		13	
Carbohydrate		18	
Fat		1	
	<u>% RDI</u>		<u>%RDI</u>
Vitamin A	30	Vitamin B	25
Vitamin C	30	Folate	25
Calcium	30	Vitamin B12	25
Iron	15	Biotin	25
Vitamin D	10	PanOTHenic Acid	25
Vitamin E	25	Phosphorus	10
Thiamin	25	Iodine	10
Riboflavin	25	Magnesium	25
Niacin	25	Zinc	25
		Copper	10



SMOOTHIE Recipes

Strawberry/Banana Smoothie

- 1 cup ice
- 1 scoop Energy Smoothie Mix (36.5 grams)
- 1/2 cup cranberry/strawberry juice
- 1/2 cup strawberries
- 1/2 banana

Place ingredients in blender and blend until smooth

Chocolate/Peanut Butter Smoothie

- 1 cup ice
- 1 scoop Energy Smoothie Mix (36.5 grams)
- 2 teaspoons peanut butter
- 2 Tablespoons chocolate sauce
- 1/2 banana
- 1/2 cup water

Place ingredients in blender and blend until smooth

Tropical Smoothie

- 1 cup ice
- 1 scoop Energy Smoothie Mix (36.5 grams)
- 2/3 cup pineapple juice
- 1/3 cup orange juice

Place ingredients in blender and blend until smooth