High-Protein Energy Bar

**INGREDIENTS**

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

**NUTRITIONAL CONTENT**

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

**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](http://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

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.