

Baked Cherry Energy Bar



INGREDIENTS

	Usage Levels (%)
Brown rice syrup	22.10
Brown rice krisp cereal	14.10
Rolled oats, old-fashioned	10.60
Rolled oats, quick	10.60
Water	10.60
Cherries, dried	8.80
Cranberries, dried, cherry-flavored	7.10
Plum paste	6.50
Whey protein isolate (WPI)	4.80
Butter, unsalted	3.40
Glycerine	0.80
Flavor, black cherry	0.50
Sodium bicarbonate	0.10
Total	100.00

NUTRITIONAL CONTENT

Per 100g	
Calories	360kcal
Total Fat	6g
Saturated Fat	2g
Trans Fat	0g
Cholesterol	10mg
Total Carbohydrates	70g
Dietary Fiber	5g
Sugars	25g
Protein	10g
Calcium	26mg
Magnesium	4mg
Phosphorus	8mg
Potassium	150mg
Sodium	140mg
Iron	2mg
Vitamin A	287IU
Vitamin C	1mg

PREPARATION

- Combine the first 9 ingredients, except water, in the bowl of a large mixer. Mix on low speed for 2 minutes.**
- Add butter, black cherry flavor, and glycerine, and mix on low for 1 minute.**
- Add water and sodium bicarbonate and mix on low for 1-1/2 minutes.**
- Sheet bars to 11 mm thickness and cut into 3.75 x 3.75 cm (1.5 x 1.5") pieces. Place on parchment-lined pans so they are not touching each other.**
- Bake in commercial reel oven at 204°C (400°F) for 7 minutes.**

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 Wisconsin Center for Dairy Research, University of Wisconsin-Madison. ©2014 U.S. Dairy Export Council.