

# Cucumber Lemon Yogurt Drink

This smooth and savory yogurt-type beverage — best served on ice — takes its flavor cues from the Eastern Mediterranean. The yogurt base contains probiotics and high-quality dairy proteins. Cucumber and lemon add refreshing notes. Consumers will value it as an excellent source of calcium, with 50% Daily Value per serving. Permeate replaces salt to keep sodium content at a minimum without sacrificing the saltiness that makes this drink unique.



## MARKET INSIGHTS

- As consumers look for ways to improve their eating habits, yogurt is viewed in a fresh light as a valued dairy ingredient.
- Contains yogurt, which continues to grow in popularity among consumers.
- Delightful alternative to beverages made with salt for sodium-conscious consumers.
- There is a growing demand for more natural and nutritious products as consumers pay closer attention to food labels.
- This format allows for variations such as Greek, Turkish or Indian flavor inspirations.

## INGREDIENTS

	Usage Levels (%)
<b>Milk, reduced-fat</b>	<b>90.21</b>
<b>Milk permeate (dairy product solids)</b>	<b>6.49</b>
<b>Nonfat dry milk</b>	<b>0.92</b>
Cucumber puree	2.20
Natural lemon flavor	0.15
Yogurt culture (CHR Hansen YCX11)	0.02
Probiotics (CHR Hansen F-DVSABC)	0.01
<b>Total</b>	<b>100.00</b>

INGREDIENTS: Reduced-fat yogurt (Grade A pasteurized skim milk and cream, nonfat dry milk, live active yogurt cultures (L. bulgaricus, Strep. thermophilus, L. acidophilus, Bifidobacteria sp., L. casei)), dairy product solids, cucumber puree, natural flavor.

Contains: milk

## BENEFITS OF USING U.S. DAIRY

### Yogurt

- Meets consumer flavor and nutrition expectations with creaminess of dairy
- Provides protein, calcium and probiotics

### Reduced-fat Milk

- Contributes to nutrient value with protein and calcium while enhancing viscosity

### Permeate

- Provides a salty perception with good solubility and versatility

### Nonfat Dry Milk

- Delivers a clean, mild, slightly sweet dairy flavor and nutritive value

## NUTRITIONAL CONTENT

### U.S. Label

## Nutrition Facts

Serving Size 1 cup (240 ml) (227g)  
Servings Per Container

Amount Per Serving		% Daily Value*	
<b>Calories</b> 160	<b>Calories from Fat</b> 35		
		<b>% Daily Value*</b>	
<b>Total Fat</b> 4g			<b>6%</b>
Saturated Fat 2g			<b>10%</b>
Trans Fat 0g			
<b>Cholesterol</b> 15mg			<b>5%</b>
<b>Sodium</b> 130mg			<b>5%</b>
<b>Total Carbohydrate</b> 24g			<b>8%</b>
Dietary Fiber 0g			<b>0%</b>
Sugars 24g			
<b>Protein</b> 8g			<b>16%</b>
Vitamin A 8%		• Vitamin C 2%	
Calcium 50%		• Iron 0%	

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Protein		50g	65g

Calories per gram:  
Fat 9 • Carbohydrate 4 • Protein 4

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## PREPARATION

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1. **Blend permeate and nonfat dry milk into milk with high-speed mixer. Allow to hydrate for 30 minutes.**
2. **Warm mix to 140°F and homogenize at 2,500/700 psi.**
3. **Pasteurize mix at 185°F for 30 minutes.**
4. **Cool to 108°F.**
5. **Inoculate with culture and add probiotics.**
6. **Incubate at 108°F for 4 to 5 hours until pH reaches 4.2.**
7. **Mix in cucumber puree and lemon flavor.**
8. **Cool to 40°F and store at refrigeration temperatures.**

Rely on the dynamic lineup of U.S. dairy to meet consumer demands in 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](https://twitter.com/ThinkUSAdairy)

This formula serves as a reference. Product developers are encouraged to modify the formula to meet manufacturing and finished product specifications needs. Developed at the Wisconsin Center for Dairy Research, University of Wisconsin-Madison. ©2014 U.S. Dairy Export Council.