

# Energy Bars with Milk Powder



## INGREDIENTS

	Grams	Bakers (%)	Usage Level (%)
Sugar, brown	454.0	166.6	22.50
Flour, pastry or medium bread	272.0	100.0	13.48
Pecans	227.0	83.3	11.25
Almonds, slivered	227.0	83.3	11.25
Egg	195.0	71.6	9.66
<b>Butter</b>	<b>172.0</b>	<b>63.3</b>	<b>8.52</b>
Oats	136.0	50.0	6.74
Dates, raisins or figs, chopped	102.0	38.3	5.05
Papaya or pineapple, dried, chopped	102.0	38.3	5.05
Water	91.0	33.3	4.54
<b>Skimmed milk powder</b>	<b>13.6</b>	<b>5.0</b>	<b>0.67</b>
Wheat germ	9.0	3.3	0.44
Baking soda	9.0	3.3	0.44
Salt	4.5	1.6	0.22
Orange peel, semi-dried	2.0	0.6	0.10
Ginger	1.0	0.3	0.05
Cinnamon	0.5	0.1	0.02
Allspice	0.5	0.1	0.02
<b>Total</b>			<b>100.00</b>

## NUTRITIONAL CONTENT

Per 100g	
<b>Calories</b>	460kcal
<b>Total Fat</b>	25g
Saturated Fat	7g
Trans Fat	0g
Cholesterol	65mg
<b>Total Carbohydrates</b>	55g
Dietary Fiber	5g
Sugars	29g
<b>Protein</b>	8g
Calcium	80mg
Magnesium	54mg
Phosphorus	134mg
Potassium	210mg
Sodium	270mg
Iron	2mg
Vitamin A	294IU
Vitamin C	2mg

## PREPARATION


1. **Toast pecans and almonds in 135°C (275°F) oven until dry but not browned.**
2. **Place nuts in food processor and process to a medium size crumb. Set aside to cool.**

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## PREPARATION

(continues)

3. **In a bowl of a mixer fitted with a paddle attachment, cream brown sugar, butter, salt, baking soda, cinnamon, allspice, ginger, orange peel until light and fluffy (5 minutes or longer).**
4. **Whisk together egg, water and skimmed milk powder, add to the bowl, mix until incorporated**
5. **Scrap down sides of bowl and cream for 2 minutes.**
6. **Scrape down bowl and quickly add the oats, wheat germ, chopped fruit, and nuts.**
7. **Add flour and mix for 1 minute, scrape down and mix for an additional 1 minute.**
8. **Parchment-line a half sheet pan 33.2 x 45.7 cm (13 x 18") with pan extenders. Flatten dough out evenly.**
9. **Bake in a 182°C (360°F) oven until medium brown all over and set when felt with the open hand.**
10. **Do not move pan extenders or cut until room temperature.**
11. **Cut into 5.08 x 7.62 cm (2 x 3") bars. Package.**

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This formula serves as a reference. Product developers are encouraged to modify the formula to meet manufacturing and finished product specification needs. ©2014 U.S. Dairy Export Council.