

Reduced-Carb Baked Cinnamon Granola Bites



INGREDIENTS

	Usage Levels (%)
Malitol	18.43
Water	14.91
Almonds, ground	8.13
Fiber, oat	7.59
Flour, whole wheat	7.18
Whey protein crisps	6.23
Butter, unsalted	5.42
Whey protein concentrate, 60% protein (WPC 60)	5.08
Plum powder	4.88
Crisp cereal, brown rice	4.07
Rolled oats, old-fashioned	4.07
Rolled oats, quick	4.06
Raisins	3.66
Oil, vegetable	2.71
Flax seed, ground	1.35
Glycerine	0.65
Cinnamon	0.54
Psyllium	0.54
Salt	0.30
Sodium bicarbonate	0.18
Sucralose	0.02
Total	100.00

BENEFITS OF USING U.S. DAIRY

Whey Protein Concentrate (WPC 60)

- Adds protein/fat and minimizes the contribution of carbohydrates in the form of lactose
- Enhances nutrition and plays a role in promoting adherence of the particles to each other
- Contains fats that contribute to a good mouthfeel and enhance texture

Whey Protein Crisps

- Provide a great way to add more protein and contribute to the crisp texture of a granola bar

NUTRITIONAL CONTENT

U.S. Label

Nutrition Facts

Serving Size 33 g (makes 8 fl oz)
Servings Per Container

Amount Per Serving		% Daily Value*	
Calories 120	Calories from Fat 0		
		% Daily Value*	
Total Fat 0g			0%
Saturated Fat 0g			0%
Trans Fat 0g			
Cholesterol 5mg			2%
Sodium 15mg			1%
Total Carbohydrate 18g			6%
Dietary Fiber 0g			0%
Sugars 16g			
Protein 10g			20%
Vitamin A 0%	• Vitamin C 0%		
Calcium 25%	• Iron 0%		
Phosphorus 15%	• Copper 2%		
Manganese 6%			

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

	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

PREPARATION

1. **Combine dry ingredients in the bowl of a large mixer. Mix on low speed for 2 minutes.**
2. **Add butter and vegetable oil into dry ingredients and mix until evenly distributed.**
3. **Combine maltitol with glycerine and add to dry ingredients, mixing on low for 1 minute.**
4. **Add water and mix on low for 1 1/2 minutes, or until mixture comes together.**
5. **Sheet bars to 8 mm (0.25") thickness and cut into 25 x 38 mm (1 x 1.5") pieces. Place on parchment-lined pans so they are not touching each other.**
6. **Bake at 400°F (204°C) for 10 minutes.**

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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. ©2015 U.S. Dairy Export Council.