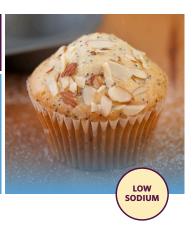
# Almond & Apricot Muffins - Control vs. Reduced Sodium

In addition to improving surface browning and crumb texture, permeate adds a naturally salty flavor. In fact, almond and apricot muffins made with permeate contain 61% less sodium than the muffins made with salt — a reduction from 220mg sodium per serving to just 85mg.



#### INGREDIENTS

	Usage Levels (%)	Reduced Sodium (%)
Flour, all-purpose	34.68	34.68
Water	21.27	23.12
Whole Fresh Eggs	12.72	6.43
Dried Apricots, diced	7.63	7.63
Unsalted Butter, melted (or vegetable oil)	6.59	6.59
Sugar	5.78	5.78
Sliced Almonds	5.20	5.20
Permeate* (milk or whey)	—	4.96
Almond Paste, crumbled	4.45	4.45
Baking Powder	1.16	1.16
Salt	0.52	—
No-Stick Baking Spray		
Total	100.00	100.00

\*Can also use delactosed permeate at 1.20% as an option. Reduces sodium by 52% to 105mg.

## NUTRITIONAL CONTENT

#### Control

#### Nutrition Facts Serving Size (65g)

Servings Per Container

Amount Per Ser	ving		
Calories 190	) Ca	lories fror	n Fat 60
		% Da	aily Value*
Total Fat 7g			11%
Saturated Fat 2.5g			14%
Trans Fat	0g		
Cholesterol 45mg			15%
Sodium 220mg			9%
Total Carbo	hydrate	27g	9%
Dietary Fiber 2g			7%
Sugars 7g	I		
Protein 5g			
Vitamin A 8%	6.	Vitamin (	C 0%
Calcium 8%	•	Iron 8%	
*Percent Daily Va diet. Your daily v depending on yo	alues may	be higher or	
Total Fat Saturated Fat Cholesterol Sodium Total Carbohydra Dietary Fiber Calories per grar Fat 9 • C		20g 300mg 2,400mg 300g 25g	80g 25g 300mg 2,400mg 375g 30g ein 4

#### Reduced Sodium

#### Nutrition Facts Serving Size (65g)

Servings Per Container

Amount Per Se	rving		
Calories 19	0 Cal	ories fror	n Fat 60
		% Da	aily Value*
Total Fat 7g			10%
Saturated Fat 2.5g			13%
Trans Fat	0g		
Cholesterol 25mg			9%
Sodium 85mg			3%
Total Carbo	hydrate	29g	10%
Dietary Fiber 2g			
Sugars 10	)g		
Protein 4g			
	,		2.00/
Vitamin A 89	~ •	Vitamin (	50%
Calcium 10%	6.	Iron 8%	
*Percent Daily V diet. Your daily v depending on yo	alues may b	e higher or	
Total Fat Saturated Fat Cholesterol Sodium Total Carbohydr Dietary Fiber	Less than Less than Less than Less than	65g 20g 300mg 2,400mg 300g 25g	80g 25g 300mg 2,400mg 375g 30g

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

### PREPARATION

- 1. Mix butter, sugar and almond paste in mixer until well-blended.
- 2. Add water and eggs, and mix 3 minutes on medium speed.
- 3. Add dry ingredients (flour, baking powder and salt [control] orpermeate [reduced sodium]) to wet ingredients, and mix 1 minute on low.
- 4. Gently fold in apricots and almonds.
- 5. Place approximately 68g of batter into muffin pan treated with nonstick spray.
- 6. Bake at 375°F for 14 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

This formula serves as a reference. Product developers are encouraged to modify the formula to meet manufacturing and finished product specification needs. Developed at Dairy Products Technology Center, California Polytechnic State University. ©2014 U.S. Dairy Export Council.

