

# Honey Lavender Soothie

Want to unwind after a long day? This upscale taste experience combines the smooth deliciousness of milk with the serene natural flavors of honey and lavender to create a soothing, warm, high-protein beverage. This delicious “soothie” is an excellent source of calcium and protein: Each serving provides 30% of the Daily Value for calcium and 24% of the Daily Value for protein (12g protein).



## INGREDIENTS

	Usage Levels (%)
<b>Low-fat milk</b>	<b>93.95</b>
Honey, Qwik-Flo® Powder Domino Specialty Ingredients	2.00
<b>Whey protein concentrate 80</b>	<b>2.50</b>
Sucrose	1.00
Lavender Flavor, Virginia Dare #HT16	0.15
Stabilizer, Joha KM2	0.15
Vanilla Custard Flavor, Virginia Dare #OE42	0.20
Carrageenan, FMC Viscarin SA 359	0.05
<b>Total</b>	<b>100.00</b>

INGREDIENTS: Low-fat milk (contains vitamin A palmitate, vitamin D3), honey, whey protein concentrate, sugar, natural lavender flavor, stabilizer (sodium phosphate, sodium polyphosphate, sodium citrate), natural vanilla custard flavor, carrageenan.

## PREPARATION

1. **Pre-weigh all ingredients.**
2. **Blend all dry ingredients together, except for the protein.**
3. **Hydrate protein in milk for 30 minutes at ambient conditions.**
4. **Add all remaining ingredients and mix for an additional 5 minutes.**
5. **Processing: Mixture is heated to 200°F, thermally processed at 285°F for 3 seconds, homogenized (2000/500 psi), bottled and refrigerated.**
6. **Serve warm.**

## MARKET INSIGHTS

- Consumers are interested in functional beverages that can help them unwind at the end of the day.
- 49% of all functional beverage users would like to see more beverages with the added benefit of relieving stress.
- The over-55 group represents a potential target for these types of beverages.

## BENEFITS OF USING U.S. DAIRY

### Low-fat Milk

- Provides a slightly sweet flavor, nutrition and functionality
- Contributes essential nutrients, including protein, calcium, vitamin D and potassium

### Whey Protein Concentrate 80 (WPC 80)

- Boosts protein content and is easily digested and absorbed by the body
- Provides a neutral taste well-suited to fruit flavors and beverages with some sweetness
- Soluble across a wide pH range

## NUTRITIONAL CONTENT

### U.S. Label

## Nutrition Facts

Serving Size 8 fl. oz. (240 mL)

Amount Per Serving		
<b>Calories</b> 150	<b>Calories from Fat</b> 25	
		<b>% Daily Value*</b>
<b>Total Fat</b> 2.5g		<b>4%</b>
<b>Saturated Fat</b> 1.5g		<b>8%</b>
<b>Trans Fat</b> 0g		
<b>Cholesterol</b> 15mg		<b>5%</b>
<b>Sodium</b> 135mg		<b>6%</b>
<b>Potassium</b> 370mg		<b>11%</b>
<b>Total Carbohydrate</b> 19g		<b>6%</b>
<b>Dietary Fiber</b> 0g		<b>0%</b>
<b>Sugars</b> 19g		
<b>Protein</b> 12g		<b>24%</b>
<b>Vitamin A</b> 8%	<b>Vitamin C</b> 0%	
<b>Calcium</b> 30%	<b>Iron</b> 2%	
<b>Vitamin D</b> 30%		

\*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
Potassium		3,500 mg	3,500 mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

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 Dairy Products Technology Center, California Polytechnic State University. ©2015 U.S. Dairy Export Council.