

# Meal Replacement Bars



## INGREDIENTS

	Enrobed Chewy Bar (%)	Fruit & Crisp Bar (%)	Peanut Butter Bar (%)
Whey protein concentrate, 80% protein (WPC 80)	24.0	-	-
Whey protein isolate (WPI)	-	4.8	11.12
Whey protein isolate (WPI), hydrolyzed	-	-	9.79
Rice crisp	-	14.1	-
Rice syrup	17.0	22.0	-
Enrobing chocolate	16.1	-	14.79
Oats, rolled and/or quick	8.3	21.2	-
Honey	8.0	-	18.29
High fructose corn syrup	-	-	16.17
Dried fruit, assorted	-	22.4	-
Peanut butter	-	-	8.33
Skimmed milk powder	7.8	-	-
Raisin paste	7.8	-	-
Peanuts, or other nuts	4.3	-	7.24
Peanut flour	4.2	-	7.33
Butter or soy oil	2.3	3.4	-
Maltodextrin	-	-	3.52
Water	-	10.6	-
Glycerin	-	1.0	-
Milk calcium	0.2	-	-
Soy fiber	-	-	0.61
Flavors, vitamin/mineral blend	as desired	0.5	2.81
<b>Total</b>	<b>100.00</b>	<b>100.00</b>	<b>100.00</b>


## PREPARATION

1. **Combine all wet ingredients in mixer for 3 minutes on medium.**
2. **Dry blend remaining ingredients except, fruit and nuts.**
3. **Add dry ingredients to wet and blend well, and then add fruits and nuts.**
4. **Fruit & Crisp Bar is baked. The Chewy Bar and Peanut Butter Bar are extruded, and then enrobed.**

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## NUTRITIONAL CONTENT

Per 100g	Enrobed Chewy Bar	Fruit & Crisp Bar	Peanut Butter Bar
<b>Calories</b>	410kcal	370kcal	400kcal
<b>Total Fat</b>	12g	6g	12g
Saturated Fat	3.5g	1.5g	2.5g
Trans Fat	0g	0g	0g
Cholesterol	25mg	0mg	0mg
<b>Total Carbohydrates</b>	51g	69g	48g
Dietary Fiber	3g	4g	3g
Sugars	30g	32g	29g
<b>Protein</b>	27g	9g	29g
Calcium	330mg	112mg	455mg
Magnesium	71mg	28mg	178mg
Phosphorus	205mg	69mg	444mg
Potassium	450mg	105mg	260mg
Sodium	120mg	250mg	310mg
Iron	1mg	4mg	7mg
Vitamin A	31IU	706IU	1086IU
Vitamin C	2mg	11mg	21mg

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](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 specification needs. Developed at the Wisconsin Center for Dairy Research, University of Wisconsin-Madison, California Polytechnic State University & Davisco Foods International. ©2014 U.S. Dairy Export Council.