

Black Sesame High Protein Dessert



Featuring the sweet, nutty flavor of black sesame, enjoy this high protein dessert that also serves as a meal replacement.

Nutritional Content Per 100g (based on dry-mix):

Calories 442kcal; Total Fat 17.8g; Saturated Fat 3.1g; Trans Fat 0.1g; Cholesterol 3.7mg; Total Carbohydrates 30.7g; Dietary Fiber 0.3g; Sugars 0.7g; Protein 35.8g; Calcium 1065mg; Magnesium 219mg; Phosphorus 1026mg; Potassium 2435mg; Sodium 290mg; Iron 11mg; Vitamin A 3144IU; Vitamin C 46.5mg

Benefits of Using U.S. Dairy:

Whey Protein Concentrate

- Boosts protein content and contains all of the essential amino acids required for good health.

Milk Protein Concentrate

- Adds dairy protein and calcium.

Ingredients:

Black Sesame Dessert Powder Mix 36g
(Black sesame and sugar)

U.S. Whey Protein Concentrate 15g (Instantized)

U.S. Milk Protein Concentrate 15g

Dairy Creamer Powder (25% fat)	5g
Flavor Cream	0.4g
Flavor Masking	0.4g
Cellulose	0.13g
Xanthan	0.13g
Mineral Premix	4g
Vitamin Premix	0.12g
Sucralose	0.05g
Total	76.23g

Preparation:

1. Blend all the dry ingredients together till well-incorporated.
2. Pour all the blended ingredients into a sports shaker bottle.
3. Add in 250 - 350 ml of water.
4. Shake well and serve.

Developed by U.S. Dairy Export Council Southeast Asia.

For additional information and recipes using U.S. Dairy ingredients, visit: www.ThinkUSADairy.org/SEAsia



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