

Crunchy Mocha Protein Bar

Incredibly rich and delicious, these mocha-coated bars are filled with crunchy almonds and dairy protein crisps. A protein-boosted snack, perfect for re-energising during busy days.



CRUNCHY FILLING

Ingredients	Wt (g)
Almonds, chopped	30
U.S. Dairy Protein Crisps	14
Sunflower seeds	12
Vegetable oil	2
Agave syrup	11
Total	69

Preparation

1. Combine the almonds, sunflower seeds and dairy protein crisps in a mixing bowl.
2. Add agave syrup and vegetable oil. Mix well.
3. Spread the mixture on a baking tray and bake at 155 °C for 8 mins.
4. Remove from the oven and allow to cool to room temperature.

MOCHA PROTEIN BAR DOUGH

Ingredients	Wt (g)
U.S. Whey Protein Isolate (Hydrolysed)*	70
U.S. Skimmed Milk Powder	12
Light corn syrup	59
Vegetable oil	21
Glycerine	23
Cocoa powder	3
Coffee powder	3
Coffee flavor	1
Vanilla flavor	1
Sucralose solution (10%)	1
Water	9
Total	203

Preparation

1. Combine light corn syrup, vegetable oil, glycerine and sucralose solution. Gently heat and stir until well mixed.
2. Remove from heat and add in skimmed milk powder, cocoa powder, coffee powder, flavorings and water. Stir continuously and mix well until a homogenous paste is formed.
3. Transfer the paste into a mixing bowl. Add the whey protein isolate and mix slowly at low speed for 1 to 2 mins until well incorporated.

Assembly

1. Roll out the dough to a thickness of approx. 0.4 cm and cut into 8.5 cm x 3.5 cm per piece, with each piece weighing 12.5 g.
2. Smooth the surface to even the dough and press a portion of the crunchy filling (1.5 g) onto each piece.
3. Sandwich 2 pieces with the crunchy filling in the middle together. Compress and shape it to form a bar of approx. 8.0 cm x 3.5 cm x 1.3 cm. The total weight per bar is approx. 28 g.

*Check with U.S. suppliers for hydrolysed or other specialty WPI tailored for bar formulations.

NUTRITION CONTENT

Serving size: 1 piece (22 g)

	Per Serving	Per 100g
Energy	94.2 kcal	339.0 kcal
Protein	9.2 g	32.8 g
Total Fat	3.8 g	13.5 g
Saturated Fat	0.5 g	1.8 g
Trans fat	0 g	0 g
Cholesterol	1.7 mg	6.0 mg
Total Carbohydrate	10.4 g	37.1 g
Sugar	6.9 g	24.5 g
Dietary Fibre	0.3 g	1.0 g
Sodium	47.0 mg	168.0 mg
Calcium	71.7 mg	256.1 mg
Potassium	141.6 mg	505.6 mg
Iron	0.2 mg	0.6 mg
Vitamin D	0 µg	0 µg



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