

Longan Goji Berry Protein Bar/Ball

Laden with dried longans, goji berries and other nourishing ingredients, these bite-sized protein snacks provide a vibrant mix of flavors and help to enhance satiety between meals.



Ingredients	Wt (g)
Honey	45
Light corn syrup	30
U.S. Whey Protein Isolate	45
U.S. Dairy Protein Crisps	12
Extra virgin coconut oil (liquid)	15
Sunflower seeds, toasted	30
Dried longans, chopped	30
Dried dates, chopped	30
Melon seeds, toasted	15
Goji berries, chopped	15
Total	267

Preparation

1. Combine the whey protein isolate, extra virgin coconut oil, honey and light corn syrup in a mixer bowl.
2. Mix slowly at low speed for 2 mins until a homogenous dough is formed.
3. Add dairy protein crisps, sunflower seeds, melon seeds, dried longans, dried dates and goji berries. Mix slowly for about 30 sec until well incorporated.
4. **(a) For Longan Goji Berry Protein Ball:**
Portion and shape the dough into a small ball of 15 g per piece (approx. 3 cm in diameter).
- (b) For Longan Goji Berry Protein Bar:**
Portion and shape the dough into a small bar shape of 30 g per piece (6 cm length x 2 cm width x 2 cm height).
5. Coat the bars / balls with lightly toasted desiccated coconut before serving.

NUTRITION CONTENT		
Serving size: 2 pieces (15 g per piece)		
	Per Serving	Per 100g
Energy	99.3 kcal	331.0 kcal
Protein	7.4 g	24.5 g
Total Fat	4.5 g	15.1 g
Saturated Fat	2.0 g	6.5 g
Trans fat	0 g	0 g
Cholesterol	0.6 mg	2.0 mg
Total Carbohydrate	14.1 g	46.9 g
Sugar	8.8 g	29.4 g
Dietary Fibre	0.9 g	3.0 g
Sodium	23.4 mg	78.0 mg
Calcium	30.2 mg	100.7 mg
Potassium	74.0 mg	246.5 mg
Iron	0.72 mg	2.4 mg
Vitamin D	0 µg	0 µg



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