

Matcha Protein Crisps

With a lingering sweet aftertaste and a light-textured crunch, these no-bake matcha crisps are a delicious protein snack to enjoy on-the-go.



Ingredients	Wt (g)
Light corn syrup	70
U.S. Whey Protein Isolate	52
U.S. Dairy Protein Crisps	19
U.S. Skimmed Milk Powder	12
Glycerine	25
Shortening	20
Matcha powder	5
Total	203

Preparation

1. Gently melt the shortening and combine with light corn syrup and glycerine. Stir continuously until well mixed.
2. Remove from heat and transfer the homogenous paste into a mixing bowl. Add the skimmed milk powder and matcha powder. Mix at low speed for 30 sec.
3. Add the whey protein isolate and dairy protein crisps. Mix slowly at low speed for another 30 sec until well incorporated.
4. Spread out the mixture into a 2 cm thick rectangular slab and cut into cubes (2 cm x 2 cm x 2 cm) of 10 g each.

NUTRITION CONTENT		
Serving size: 4 pieces (10 g per piece)		
	Per Serving	Per 100g
Energy	133.2 kcal	333.0 kcal
Protein	11.8 g	29.6 g
Total Fat	4.8 g	11.9 g
Saturated Fat	1.5 g	3.7 g
Trans fat	0 g	0 g
Cholesterol	4.0 mg	10.0 mg
Total Carbohydrate	18.6 g	46.4 g
Sugar	11.8 g	29.4 g
Dietary Fibre	0.5 g	1.2 g
Sodium	59.2 mg	148.0 mg
Calcium	80.3 mg	200.7 mg
Potassium	169.9 mg	424.7 mg
Iron	0.3 mg	0.7 mg
Vitamin D	0 µg	0 µg



TIPS

For a nuttier flavor, incorporate seeds and nuts into the mixture.



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