

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.

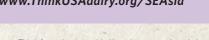
NUTRITION CONTENT							
Serving size: 4 pieces (10 g per piece)							
		Per Serving		Per 100g			
Energy	•	133.2	kcal	333.0	kcal		
Protein		11.8	g	29.6	g		
Total Fat		4.8	g	11.9	g		
Saturated Fat		1.5	g	3.7	g		
Trans fat		0	g	0	g		
Cholesterol		4.0	mg	10.0	mg		
Total Carbohy	drate	18.6	g	46.4	g		
Sugar		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	1	169.9	mg	424.7	mg		
Iron		0.3	mg	0.7	mg		
Vitamin D		0	μg	0	μg		



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



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