

Protein Sesame Crisps

Nutty sesame seeds couple with the fragrant sweetness of Gula Melaka (palm sugar). A protein-boosted snack made with beloved Asian ingredients. The perfect companion to both afternoons at work and weekends with the family.



| Ingredients | Wt (g) |
|-----------------------------------|------------|
| Gula Melaka (palm sugar) syrup | 45 |
| U.S. Whey Protein Isolate | 57 |
| Black sesame powder | 36 |
| Extra virgin coconut oil (liquid) | 18 |
| Black sesame oil | 21 |
| White sesame seeds, toasted | 12 |
| Sugar | 45 |
| Water | 21 |
| Total | 255 |

Preparation

1. To make Gula Melaka syrup, add 2 parts Gula Melaka to 1 part water and bring to boil. Allow to cool to room temperature and set aside.
2. Add water, extra virgin coconut oil, Gula Melaka syrup, sugar and black sesame oil into a mixer bowl.
3. Add whey protein isolate, black sesame powder and white sesame seeds. Mix slowly at low speed for 3 mins until a homogenous dough is formed.
4. Roll out the dough thinly to about 0.2 cm and cut into a round shape (4 cm diameter) with each piece weighing 4 g.
5. Bake at 120 °C for 25 – 30 mins.
6. Allow to cool to room temperature before serving.

NUTRITION CONTENT

Serving size: 10 pieces (4 g per piece)

| | Per Serving | Per 100g |
|--------------------|-------------|------------|
| Energy | 156.4 kcal | 391.0 kcal |
| Protein | 9.4 g | 23.6 g |
| Total Fat | 10.0 g | 25.1 g |
| Saturated Fat | 3.7 g | 9.3 g |
| Trans fat | 0 g | 0 g |
| Cholesterol | 1.2 mg | 3.0 mg |
| Total Carbohydrate | 14.6 g | 36.4 g |
| Sugar | 12.8 g | 32.1 g |
| Dietary Fibre | 0.9 g | 2.2 g |
| Sodium | 35.6 mg | 89.0 mg |
| Calcium | 41.6 mg | 104.0 mg |
| Potassium | 80.3 mg | 200.8 mg |
| Iron | 2.0 mg | 5.0 mg |
| Vitamin D | 0 µg | 0 µg |



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