

Red Bean High Protein Mooncakes



Best paired with a cup of Chinese tea, enjoy these seasonal treats that are high in protein content.

Nutrition Content Per 100g:

Calories 322kcal; Total Fat 8g; Saturated Fat 6g; Trans Fat 0g; Cholesterol 34mg; Total Carbohydrates 38g; Dietary Fiber 8g; Sugars 18g; Protein 29g; Calcium 423mg; Magnesium 27.8mg; Phosphorus 218mg; Potassium 338mg; Sodium 150mg; Iron 1mg; Vitamin A 0IU ; Vitamin C 0mg

Benefit of Using U.S. Dairy:

- Whey Protein Isolate boosts protein content and is easily digested and absorbed by the body.

Ingredients:

Sweetened Red Bean Paste	81.40g
Isomaltulogigosaccharide	16.30g
Coconut Oil	12.20g
U.S. Whey Protein Isolate	44.80g
U.S. Whey Crisps	16.30g
Glycerin	8.10g
Red Bean Flavor	0.81g
Salt	0.90g
Total	180.81g

Preparation:

1. Add red bean paste, Isomaltulogigosaccharide powder, coconut oil, glycerin, red bean flavor and salt to a mixing bowl; mix well for 1 to 2 minutes.
2. Add whey protein isolate and mix for about 1 minute or until most of the powder is incorporated.
3. Add the whey crisps and mix until dough is uniformed and crisps evenly distributed, about 1 minute. Do not over-mix.
4. For small scale batches, use a standard kitchen mixer with a standard mixing blade. For very small batches, mix by hand with a bowl and spoon.
5. Divide dough into portions of 60g each and place them firmly into a mooncake mould.

Tips:

- Can be used to make into a high protein snack bar

Developed by U.S. Dairy Export Council Southeast Asia.

For additional information and recipes using U.S. dairy ingredients, visit: www.ThinkUSADairy.org/SEAsia