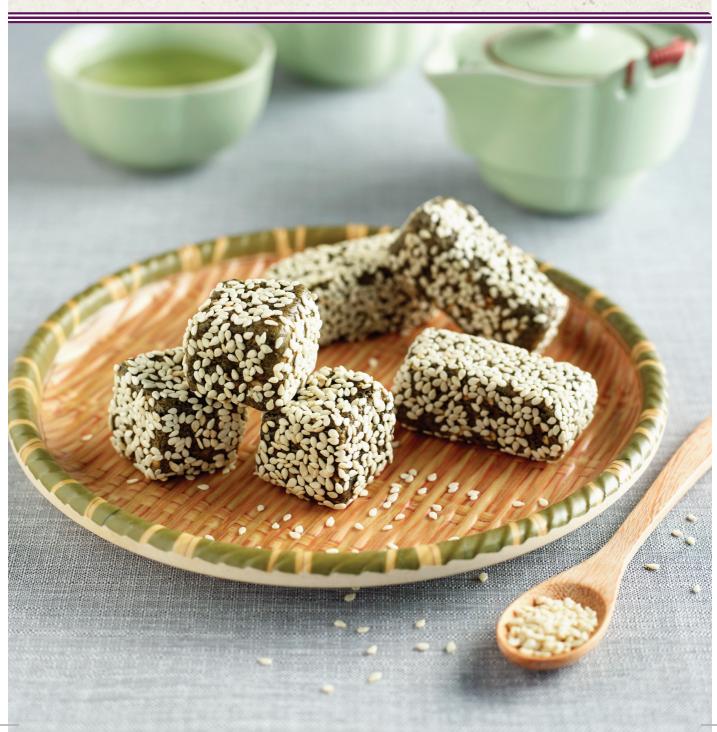


Sesame Protein Bar/Cube

A unique mixture of flavors that take pride in our Asian palates. The deep roasted nutty aroma of sesame pairs with the caramel notes of Gula Melaka (palm sugar) for a nutritious, protein-boosted afternoon snack.



Ingredients	Wt (g)
Gula Melaka (palm sugar) syrup	90
U.S. Whey Protein Isolate	28
U.S. Whey Protein Isolate (Hydrolysed)*	28
Black sesame powder	36
Extra virgin coconut oil (liquid)	18
Black sesame oil	12
White sesame seeds, toasted	12
Glycerine	18
Light corn syrup	15
Total	257

Preparation

- To make Gula Melaka syrup, add 2 parts Gula Melaka to 1 part water and boil to 110 °C. Cool to room temperature.
- 2. Add extra virgin coconut oil, Gula Melaka syrup, glycerine, light corn syrup and black sesame oil into a mixer bowl.
- Add whey protein isolate, black sesame powder and white sesame seeds. Mix slowly at low speed for 3 mins until well incorporated.
- 4. Knead the black sesame dough to soften it slightly.

5. (a) For Sesame Protein Bar:

Portion and shape the dough into 12 g per piece in the form of a small bar shape (4.5 cm length x 1.5 cm width x 1.5 cm height).

(b) For Sesame Protein Cube:

Portion and shape the dough into 12 g per piece in the form of a cube (2 cm x 2 cm x 2 cm).

6. Coat the sesame bars / cubes with toasted white sesame seeds before serving.

*Check with U.S. suppliers for hydrolysed or other specialty WPI tailored for bar formulations.

NU	TRITION CO	NTE	NT			
Serving size: 4 pieces (12 g per piece)						
		Per Se	rving	Per 10	Per 100g	
Ener	gy	179.5	kcal	374.0	kcal	
Prote	ein	11.2	g	23.4	g	
Total	Fat	10.2	g	21.3	g	
Satu	rated Fat	3.7	g	7.8	g	
Trans	s fat	0	g	0	g	
Chol	esterol	1.4	mg	3.0	mg	
Total	Carbohydrate	21.0	g	43.8	g	
Suga	ır	15.7	g	32.8	g	
Dieta	ary Fibre	1.1	g	2.2	g	
Sodi	um	63.4	mg	132.0	mg	
Calc	ium	56.3	mg	117.2	mg	
Pota	ssium	172.9	mg	360.2	mg	
Iron		0.2	mg	0.5	mg	
Vitar	min D	0	μg	0	μg	



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