

Taro and Caramel High Protein Dessert



Combining the creamy and nutritious blend of taro and caramel, enjoy this high protein dessert that also serves as a meal replacement.

Nutrition Content Per 100g (based on dry-mix):

Calories 390kcal; Total Fat 4.5g; Saturated Fat 3.5g; Trans Fat 0.1g; Cholesterol 0mg; Total Carbohydrates 43g; Dietary Fiber 0g; Sugars 6g; Protein 39g; Calcium 884mg; Magnesium 166mg; Phosphorus 819mg; Potassium 1635mg; Sodium 100mg; Iron 6mg; Vitamin A 1867IU; Vitamin C 27mg

Benefits of Using U.S. Dairy:

Whey Protein Concentrate

- Boosts protein content and contains all of the essential amino acids required for good health.

Milk Protein Concentrate

- Adds dairy protein and calcium.

Ingredients:

Purple Yam Powder	25g
U.S. Whey Protein Concentrate 15g (Instantized)	
U.S. Milk Protein Concentrate 15g	
Dairy Creamer Powder (25% fat)	5g
Flavor Cream	0.4g
Flavor Masking	0.4g
Mineral Premix	4g
Vitamin Premix	0.12g
Sucralose	0.05g
Flavor Caramel	1.5g
Flavor Coconut	0.4g
Total	66.87g

Preparation:

1. Blend all the dry ingredients together till well-incorporated.
2. Pour all the blended ingredients into a sports shaker bottle.
3. Add in 250 - 350 ml of water.
4. Shake well and serve.

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

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



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