

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.

INGREDIENTS

	Quantity (g)	Usage Level
Purple Yam Powder	25	37.39
U.S. Whey Protein Concentrate (Instantized)	15	22.43
U.S. Milk Protein Concentrate	15	22.43
Dairy Creamer Powder (25% fat)	5	7.48
Flavor Cream	0.4	0.60
Flavor Masking	0.4	0.60
Mineral Premix	4	5.98
Vitamin Premix	0.12	0.18
Sucralose	0.05	0.07
Flavor Caramel	1.5	2.24
Flavor Coconut	0.4	0.60
Total	66.87	100

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.



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.

NUTRITION CONTENT PER 100G (BASED ON DRY-MIX):

Per 100g	
Calories	390kcal
Total Fat	4.5g
Saturated Fat	3.5g
Trans Fat	0.1g
Cholesterol	0g
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

Rely on the dynamic lineup of U.S. Dairy to meet consumer demands in global product development. The U.S. Dairy Export Council® (USDEC) offers resources on ThinkUSAdairy.org, including a dairy ingredient supplier search, consumer, nutrition and product research, technical insights and prototype assistance to help develop and launch your next successful product. [@ThinkUSAdairy](https://twitter.com/ThinkUSAdairy)
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This formula serves as a reference. Product developers are encouraged to modify the formula to meet manufacturing and finished product specifications needs. Developed by U.S. Dairy Export Council Southeast Asia.