

Energy Bars with Whey



INGREDIENTS

	Grams	Bakers (%)	Usage Level (%)
Sugar, brown	454.0	166.6	23.000
Flour, pastry or medium bread	272.0	100.0	13.780
Pecans	227.0	83.3	11.500
Almonds, slivered	227.0	83.3	11.500
Butter	172.0	63.3	8.710
Oats	136.0	50.0	6.888
Water (1)	102.0	38.3	5.170
Dates, raisins or figs, chopped	102.0	38.3	5.170
Papaya or pineapple, dried, chopped	102.0	38.3	5.170
Egg	68.0	25.0	3.440
Water (2)	45.0	16.0	2.278
Whey protein concentrate, 82% protein (WPC 82), gelling	31.7	11.6	1.590
Skimmed milk powder	13.6	5.0	0.690
Wheat germ	9.0	3.3	0.460
Salt	4.5	1.6	0.227
Baking soda	4.5	1.6	0.227
Orange peel, semi-dried	2.0	0.6	0.100
Ginger	1.0	0.3	0.050
Cinnamon	0.5	0.1	0.030
Allspice	0.5	0.1	0.030
Total			100.00

NUTRITIONAL CONTENT

Per 100g	
Calories	460kcal
Total Fat	24g
Saturated Fat	7g
Trans Fat	0g
Cholesterol	40mg
Total Carbohydrates	56g
Dietary Fiber	5g
Sugars	29g
Protein	9g
Calcium	89mg
Magnesium	56mg
Phosphorus	124mg
Potassium	210mg
Sodium	200mg
Iron	2mg
Vitamin A	263IU
Vitamin C	2mg

PREPARATION


1. **Toast pecans and almonds in 135°C (275°F) oven until dry but not browned.**
2. **Place nuts in food processor and process to a medium size crumb. Set aside to cool.**

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PREPARATION

(continues)

3. **In a bowl of a mixer fitted with a paddle attachment, cream brown sugar, butter, salt, baking soda, cinnamon, allspice, ginger, orange peel and WPC mixture until light and fluffy (5 minutes or longer).**
4. **Whisk together the egg, water (2) and skimmed milk powder, add to the bowl, mix until incorporated.**
5. **Scrap down sides of bowl and cream for 2 minutes.**
6. **Scrape down bowl and quickly add the oats, wheat germ, chopped fruit, and nuts.**
7. **Add flour and mix for 1 minute, scrape down and mix for an additional 1 minute.**
8. **Parchment-line a half sheet pan 33.2 x 45.7 cm (13 x 18") with pan extenders. Flatten dough out evenly.**
9. **Bake in a 182°C (360°F) oven until medium brown all over and set when felt with the open hand.**
10. **Do not move pan extenders or cut until room temperature.**
11. **Cut into 5.08 x 7.62 cm (2 x 3") bars. Package.**

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This formula serves as a reference. Product developers are encouraged to modify the formula to meet manufacturing and finished product specification needs. ©2014 U.S. Dairy Export Council.