

Yogurt-Dipped Peach Snack Bar

Nutritious and delicious. This anytime snack bar provides 10% Daily Value for protein (5g protein). The addition of whey-containing crisps also provides an enjoyable crunchy texture. This bar is also partially dipped in yogurt, adding a delicious flavor. This snack bar is a convenient way to add whey protein to the diets of on-the-go consumers.



MARKET INSIGHTS

- Adults are trying to eat healthier foods and nearly everyone reports having a snack each day.
- Diets higher in protein have been shown to help curb appetite. Foods and beverages made with whey protein can help increase protein in the diet.

INGREDIENTS

	Usage Levels (%)
Low-Fat Granola Cereal w/o Raisins	(62.64)
Dried Peaches & Nectarines DFA	19.60
Yogurt Coating	14.03
Clarif High Maltose RiceSyrup DE42 CNP	4.60
Whey Crisp 50%	3.80
Whey Protein Isolate	3.39
Sucanat Evaporated Cane Juice	3.07
Nutriose FM06	2.94
Dry Roasted Whole Almonds	2.51
Tap Water	2.51
Honey	2.14
Cinnamon-ground	1.94
Peach Flavor 105.18762 Bell Flavors	1.66
Table Salt	0.45
Bourbon Vanilla Extract 2X	0.02
Total	100.00

BENEFITS OF USING U.S. DAIRY

Yogurt

- Yogurt adds a delicious flavor
- Yogurt powders can provide important nutrients found in milk, including protein (check product specifications for details)

Whey Crisps

- Provide additional high-quality protein in a delicious, crunchy texture
- Versatility with tailored sizes, colors and flavors

Whey Protein Isolate

- Boosts protein content in the food and is easily digested and absorbed by the body
- Neutral taste well-suited for fruit-flavored snacks

NUTRITIONAL CONTENT

U.S. Label

Nutrition Facts

Serving Size 1 Bar (35g)
Servings Per Container

Amount Per Serving		
Calories 130	Calories from Fat 20	
		% Daily Value*
Total Fat 2.5g		4%
Saturated Fat 1.5g		8%
Trans Fat 0g		
Cholesterol 0mg		0%
Sodium 50mg		2%
Potassium 105mg		3%
Total Carbohydrate 23g		8%
Dietary Fiber 2g		8%
Sugars 12g		
Protein 5g		10%
Vitamin A 2%	Vitamin C 2%	
Calcium 2%	Iron 4%	

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300 mg
Sodium	Less than 2,400mg	2,400mg
Potassium	3,500 mg	3,500 mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g
Protein	50g	65g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

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PREPARATION

1. **Combine granola cereal, peaches, almonds, whey crisp, cinnamon and whey protein isolate and set aside.**
2. **Combine remaining ingredients except vanilla, peach flavor and yogurt coating and heat syrup to 190°F.**
3. **Add vanilla and peach flavor.**
4. **Combine cooked syrups and dried ingredients and mix until dried ingredients are coated uniformly.**
5. **Compress into a sheet and cool. Cut to desired size. 1 1/4" x 1 1/4" x 3/4".**
6. **Half coat squares in yogurt coating and allow to cool.**

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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 Knechtel, A Full Service Food, Confectionery and Pharmaceutical Consulting Corporation, Skokie, IL. ©2014 U.S. Dairy Export Council.