

High Protein Bar

With Rousselot® ProTake and Caseinates

You will easily meet your protein enrichment goal with ProTake, a pure collagen protein that is easy to integrate due to its ease of formulation and excellent organoleptic properties. In this tasty high protein bar, more than 35% of the energy value comes from proteins. This makes it perfect for sports people seeking to maintain and grow their muscle mass.



Recipe (for 100kg of finished product)

(a) Rousselot® ProTake™	17.95 kg
Calcium caseinates	20.25 kg
Maltitol (maltisorb P200)	2.3 kg
(b) Almond paste	3.05 kg
Glycerin (glycerol)	2.3 kg
Flavor (liquid)	q.s.
(c) Fructose syrup	30.15 kg
(d) Xylitol	4 kg
(e) Coating compound Carat coverlux dark (Puratos)	20 kg

Nutritional facts

	For 100g	For 1 bar (45g)
Energy	380 kcal 1599 kJ	172 kcal 726 kJ
Fat	9.1 g	4.1 g
of which – saturates	7.2 g	3.3 g
Carbohydrate	42 g	19 g
of which – sugars	31 g	14 g
– polyols	8.6 g	3.9 g
Fiber	1.7 g	0.8 g
Protein	35 g	16 g
Salt	0.05 g	0.02 g

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Process

Dough preparation:

- Set kneading machine temperature at 15°C.
 - Blend (a) ProTake, caseinates and maltitol in the kneading machine (50 rpm, approx. 3min)
 - Mix (b) almond paste, glycerol and flavor and bring to the kneading machine.
 - Knead (a+b) at 50 rpm approx. 3min.
 - Cook (c) fructose syrup until 12% of its water is evaporated.
 - Add (d) xylitol to the cooked syrup and let cool down to approx. 80°C.
 - Bring the syrup to the kneading machine and knead further (50 rpm) until a dough is obtained.
 - Empty the machine and shape the dough into bars.
- #### Coating (in controlled room at 20°C):
- Melt (e) coating compound in water bath at 50-55°C while stirring gently (avoid air bubbles).
 - Let it cool down to 40-45°C while still stirring.
 - Dip the bars in it and let them rest on baking paper approx. 10min at room temperature.
 - Place the bars during 30min at 15-18°C in a cool chamber for crystallization.
 - Take the bars out of the chamber, let them acclimatize and store in close box at 12-20°C in an odor-free room (max RH 70%)

Contains: milk, nuts

Formulation complies with EU regulations. Always consult the local requirements regarding labelling outside EU.

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DARLING
INGREDIENTS