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Plant-based Protein Bar

CATEGORY DIETARY SUPPLEMENTS
NUTRI SCORE A (DARK GREEN)

INGREDIENTS

Phase	Ingredient	Function	Weight (%)
A	Soy protein isolate	Protein Source	28
	Xanthan gum	Stabilizer & creaminess	0.25
	Oligofructose	Prebiotic	13.5
	Rapeseed oil	Creaminess	3.9
	Maltitol	Sweetener	11.5
	Water	Solvent	24.5
	Lecithin	Emulsifier	0.4
	Hazelnut butter	Creaminess & taste	3.7
	Glycerin	Humectant for better texture	4
B	Maltitol dark chocolate	Coating	9.8



METHOD

- A Add lecithin to oil, while heating (T ~ 70 °C) for 15 min, add hazelnut butter. Prepare the syrup by continuously stirring and heating a mixture of oligofructose and maltitol (T = 85 °C). After the syrup cooled down T = 45 °C, add glycerin. Mix protein, sucrose, flavor and xanthan gum, add sugar syrup and fat phase. Mix until the desired consistency is achieved. Form bars.
- B Once the bars have cooled down completely, melt the chocolate and use it to coat the bars.

NUTRITION FACTS (100 g)

Energy	1180.7 kJ/ 282.2 kcal
Fat	10 g
of which saturates	4.6 g
Carbohydrates	22.6 g
of which sugars	1.4 g
of which polyols	19.4 g
Dietary fiber	14.4 g
Protein	25.5 g
Salt	0.7 g

HIGHLIGHTS

- Plant-based
- Low sugar
- High protein
- Source of fiber

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