



Strawberry Protein Bite

A sweet and slightly sour treat provides 5 grams of protein per serving! The protein bite tastes great but also provides nutrition. This sweet and convenient treat is ideal for kids.

The protein bite can be formed into a variety of shapes such as sticks, fruit shapes and even made into a bar form. The bite can be made with any flavor and color combination desired, it could even be made with savory infusions.

Formulation:

Ingredient	Usage
Whey Protein Concentrate 80	12.21
Water	57.65
Sugar	20.43
Corn Syrup	8.78
Starch	.39
Pectin	.04
Natural Strawberry Flavor	.23
Natural Color	.18
Citric Acid	.06
Artificial Color	.03
Total	100.00

Market Insights

- Diets higher in protein have been shown to help curb appetite
- More than two thirds of consumers are interested in products with a satiety benefit
- Foods made with dairy are desirable to consumers and are perceived as natural and wholesome

Procedure:

1. Pre heat oven at 250 degrees Fahrenheit.
2. Hydrate whey protein with constant agitation at room temperature.
3. Mix all ingredients with a high shear mixer.
4. Form a semi-solid gel in a greased sheet pan at 250 degrees Fahrenheit.
5. Dry until moisture reaches 40 %.
6. Coat with sugar and citric acid.
Optional*

Nutrition Information:

Nutrition Facts		
Serving Size (30g)		
Servings Per Container		
Amount Per Serving		
Calories 70	Calories from Fat 5	
% Daily Value*		
Total Fat 0g		0%
Saturated Fat 0g		0%
Trans Fat 0g		
Cholesterol 10mg		3%
Sodium 50mg		2%
Total Carbohydrate 13g		4%
Dietary Fiber 0g		0%
Sugars 11g		
Protein 5g		
Vitamin A 0%	• Vitamin C 0%	
Calcium 2%	• Iron 0%	
*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 300mg
Sodium	Less than	2,400mg 2,400mg
Total Carbohydrate		300g 375g
Dietary Fiber		25g 30g
Calories per gram:		
Fat 9 • Carbohydrate 4 • Protein 4		

Nutrition Facts are reflective of dried product

Benefits of Using Dairy Ingredients:

Whey protein concentrate 80

- Provides textural characteristics
- Helps prevent moisture loss
- Contains branch-chained amino acids to support nutrition