



Breakfast cereals
with Meripro[®] and Actilight[®]
Source of protein - High fibre
Reduced sugars



Method

Salt, full fat milk powder, whole wheat flour, wheat flour, cocoa powder (first half), Meripro[®] soluble wheat protein, Actilight[®] soluble fibre and Maldex[®] maltodextrins are premixed in a twin-shaft paddle mixer for 2 min. Sunflower oil is sprayed on the blended powders and mixed for 10 min. This premix is extruded with a twin-screw extruder (ZSK 25, Coperion) into expanded balls, which are then dried in a ventilated oven at 50°C and coated in a twin-shaft paddle mixer with a solution of sucrose, cocoa powder (second half), flavour and Glucomalt[®] glucose syrup. The coated cereals are then dried in a ventilated oven at 100°C and cooled before packaging.

Recipe

	% by weight
Whole wheat flour	43.3
Wheat flour	18.5
Sucrose	11.4
Maldex[®] G190 maltodextrin powder	8.4
Meripro[®] 500 soluble wheat protein	4.2
Cocoa powder	3.8
Glucomalt[®] 760 glucose syrup	3.5
Sunflower oil	2.5
Actilight[®] 950P ScFOS powder	2.2
Full fat milk powder	2.1
Salt	0.20
Flavour <i>Metarom</i>	0.006

Meripro[®] 500

- » Hydrolysed wheat protein
- » Highly soluble over the whole pH range
- » Highly digestible
- » High glutamine content

Actilight[®]

- » Soluble dietary fibres
- » Short chain fructo-oligosaccharides
- » Prebiotic properties
- » Caloric value: 2 kcal/g

Nutritious breakfast cereals

- » "Source of protein", "High fibre" and "Reduced sugars" labelling*
- » The fibre supplementation allows to achieve a level equivalent to 15-20% of recommended daily intake for children & adolescents (around 16g/day, EFSA 2010)
- » Allowed generic health claims*:
"Proteins contribute to the maintenance of bone"
"Proteins contribute to the growth or maintenance of muscle mass"

* In accordance with the legislation in force in the European Union

Nutrition facts

	/100g
Energy (kJ / kcal)	1626 / 389
Protein (g)	12.3
Energy coming from protein (%)	12.6
Carbohydrate (g)	70.8
of which	
- sugars (g)	17.1
Fat (g)	5.3
of which	
- saturates (g)	1.1
Fibre (g)	8.6
Sodium (mg)	0.09

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