



Cereal bars with Meripro®
Maltilite® & Actilight®
High protein - High fibre - Reduced sugars

Method

Industrial scale: Maltilite®, Meritol®, Actilight® syrup and powder, oil and lecithin are warmed to 90°C in a tank. Then the flavour, citric acid and Meripro® 500 are added. The production is made with Contiline bar machine of Bosch Bar Production Technology (Robert Bosch GmbH Packaging Technology Division, Viersen, Germany). The binder and the dry mixed cereals are mixed together. After being formed with a two-roller-former system, the cereal mass is cooled down in the cooled tunnel, then cut with the length and cross cutting machine.

Laboratory scale: Maltilite®, Meritol®, Actilight® syrup and powder, oil and lecithin are warmed to 90°C. Then the flavour, citric acid and Meripro® 500 are added. The binder is added to the dry mixed cereals. After stirring, the mass is shaped in a rectangular mould, compressed and kept for 3 hours at 6°C. The bars are cut up with a blade.

Recipe

	% by weight
Oat flakes	34.3
Extruded cereal <i>Gemef</i>	19.0
Hazelnut	3.1
Apricot pieces <i>Taura</i>	6.3
Apricot flavour <i>Firmenich</i>	0.1
Masking flavour <i>Firmenich</i>	0.1
Actilight® 950S scFOS	9.0
Actilight® 950P scFOS	6.9
Maltilite® 5585 maltitol syrup	9.0
Meripro® 500 soluble wheat protein	6.7
Meritol® 161 sorbitol syrup	3.0
Sunflower oil	2.0
Lecithin (soy)	0.04
Citric acid 50 %	0.3

Meripro® 500

- » Hydrolysed wheat protein
- » Highly soluble
- » Highly digestible

Actilight®

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

Maltilite®

- » Range of liquid and dried maltitol
- » Caloric value of 2.4 kcal/g
- » Taste and rheology similar to sucrose
- » Glycaemic index: 35

A bar formulation with nutrition and health claims

- » "High protein", "high fibre" and "reduced sugars" labelling
- » Allowed generic health claims: "Proteins contribute to the maintenance of bone", "Proteins contribute to the growth or maintenance of muscle mass"

Nutrition facts

	/100g	/21g
Energy (kJ / kcal)	1450 / 347	304 / 73
Energy coming from protein (%)	21.1	21.1
Protein (g)	18.3	3.8
Carbohydrate (g)	49.7	1.04
of which		
- sugars (g)	5.5	1.2
- polyols (g)	9.8	2.0
Sugars reduction (%)	84	84
Fat (g)	4.3	0.9
of which		
- saturates (g)	0.5	0.1
Fibre (g)	17.8	3.7
of which		
- prebiotic fibre (g)	12.8	2.7
Sodium (mg)	100	21.0

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