



Yoghurt with Actilight® Source of fibre



Method

Semi skimmed milk and skimmed milk powder are blended and pasteurised 15 minutes at 90°C. Lactic ferments are added at 44°C. Product is transferred to pots. Incubation at 44°C until pH 4.5-4.6. Storage at 4-6°C.

Recipe

% by weight	3 % Actilight®	6 % Actilight®
Semi skimmed milk (1.5 % fat)	92.0	89.3
Actilight® 950P scFOS	4.0	6.8
Skimmed milk powder	2.0	2.0
Lactic ferment (<i>Streptococcus Thermophilus</i> and <i>Lactobacillus bulgaricus</i>)	2.0	2.0

Actilight®

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

Nutrition facts

% by weight	3 % Actilight®	6 % Actilight®
Energy (kJ / kcal)	238.6 / 57	263.8 / 63
Protein (g)	3.5	3.5
Carbohydrate (g) of which - sugars (g)	5.5	5.7
Fat (g) of which - saturates (g)	1.4	1.4
Fibre (g)	3.6	6.1
Sodium (mg)	0.01	0.01

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