

Honey Ginger Milky Protein

A protein-rich milky beverage combining honey with warming ginger. Sweet yet lower in sugar, this tasty must-have for active and healthy ageing helps to support muscle maintenance and keep your cravings at bay. Suitable as a comforting night-time beverage too.



HONEY GINGER MILKY PROTEIN

Ingredients	Weight Percentage (%)	Per Serving (250ml)
U.S. Milk Protein Concentrate 85	9.50	23.75
Water	81.46	203.66
Pure Honey	4.40	11.00
Sucralose	0.008	0.02
Ginger powder	4.50	11.25
Pectin	0.13	0.33
Total	100	250

Preparation

1. Weigh out 30% of total water needed and heat it to 50°C.
2. Add in pectin and mix for 10 minutes with a high-speed mixer.
3. Add in sucralose, ginger powder, and honey and mix for about 10 minutes until fully dissolved.
4. In a separate container, heat the remaining 70% water to 50°C and add in milk protein concentrate and continue to mix at high speed for 20 minutes until fully dissolved.
5. Add the honey ginger mixture to the milk protein mixture and allow it to mix for another 10 minutes at 50°C.
6. After 10 minutes, increase the temperature to 65°C and filter it.
7. Pass the beverage at 65°C through a two-stage homogenizer.
8. Fill into glass bottles and cap.
9. Retort.

NUTRITION CONTENT

Serving size: 250 ml

	Per Serve (250 ml)	Per Serve (100 ml)
Energy	181.00 kcal	73.00 kcal
Protein	20.26 g	8.10 g
Total Fat	0.31 g	0.12 g
Saturated Fat	0.14 g	0.06 g
Trans Fat	0 g	0 g
Cholesterol	15.00 mg	6.00 mg
Total Carbohydrate	21.38 g	8.67 g
Sugar	12.29 g	4.92 g
Dietary Fibre	0.03 g	0.01 g
Sodium	27.78 mg	11.11 mg
Calcium	482.71 mg	193.09 mg
Potassium	0.02 mg	0.01 mg
Iron	0.13 mg	0.05 mg
Vitamin D	0 µg	0 µg



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