

Pomelo Protein Water with Nata de Coco

A fruity dessert drink with a fun twist. Rich in protein, lower in sugar and fortified with Vitamin C and Zinc for extra nutrition, this pick-me-up is loaded with bite-sized coconut jelly for a satisfying, chewy texture. Serve chilled and enjoy on-the-go for a refreshing hydrating boost.



POMELO PROTEIN WATER WITH NATA DE COCO

Ingredients	Weight Percentage (%)	Per Serving (330ml)
Water	80.36	265.20
U.S. Whey Protein Isolate (Acidified)*	7.17	23.67
Ascorbic Acid	0.100	0.33
Zinc Citrate Trihydrate	0.016	0.054
Nata de Coco bits	10.00	33.00
Sugar	2.12	7.00
Salt	0.05	0.15
Pomelo Flavouring	0.17	0.55
Sucralose	0.01	0.044
Total	100	330

*Check with U.S. suppliers for acidified or other specialty WPI tailored for beverage formulations.

Preparation

1. Pre-weigh all ingredients.
2. Combine water, whey protein isolate and mix with high-speed mixer for 5 minutes.
3. Allow to hydrate for 30 minutes with minimum agitation.
4. Gradually add in sugar, salt, ascorbic acid and zinc citrate and mix for 20 minutes at low speed until completely dissolved.
5. Ensure pH to be between 3.0 - 3.1.
6. Add in pomelo flavouring, sucralose and mix for another 5 minutes.
7. Weigh and transfer the required liquid mixture and Nata de Coco into the glass bottle.
8. Cap the bottle and shake it.
9. Transfer the bottles to a hot water bath maintained at ~75°C to neck level of the bottles. Hold the bottles for at least 30 minutes and the core temperature should reach ≥72°C.
10. Tilt the bottle to allow the hot liquid to heat the internal crown cap for about 3 minutes.
11. Cool the bottles with cold water bath to ambient temperature.

NUTRITION CONTENT

Serving size: 330 ml

	Per Serve (330 ml)	Per Serve (100 ml)
Energy	135.00 kcal	41.00 kcal
Protein	20.02 g	6.07 g
Total Fat	0 g	0 g
Saturated Fat	0 g	0 g
Trans Fat	0 g	0 g
Cholesterol	0 mg	0 mg
Total Carbohydrate	13.74 g	4.16 g
Sugar	13.44 g	4.07 g
Dietary Fibre	0.26 g	0.08 g
Sodium	66.00 mg	20.00 mg
Calcium	33.69 mg	10.21 mg
Potassium	0.01 mg	0 mg
Iron	0.10 mg	0.03 mg
Vitamin C	330.00 mg	100.00 mg
Zinc	17.00 mg	5.07 mg
Vitamin D	0 µg	0 µg



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