

Instant Purple Yam Protein Dessert

Smooth and creamy taro complements the tropical sweetness of coconut. A convenient Asian dessert enriched with protein, ready to serve in minutes.



INSTANT DESSERT PREMIX (IN READY-TO-MIX POUCH)

Ingredients	Wt (g)
Taro powder, unsweetened	29
U.S. Milk Protein Concentrate 85	18
Sucralose	0.03
Coconut milk powder	3
Desiccated coconut	2
White sesame seeds, toasted	3
Total	55

Preparation of Instant Mix

1. Blend all ingredients together until well-mixed.
2. Pack into pouch and seal tightly.

Direction For Use (For Consumers)

1. Pour mixture into a bowl.
2. Add 130 ml of boiling water and stir well.
3. Serve immediately.

NUTRITION CONTENT

Serving size: 1 pouch (55 g) mix with 130 ml water (185 g)

	Per Serving	Per 100g
Energy	254.0 kcal	139.0 kcal
Protein	19.7 g	10.7 g
Total Fat	5.3 g	2.9 g
Saturated Fat	3.0 g	1.6 g
Trans fat	0 g	0 g
Cholesterol	0 mg	0 mg
Total Carbohydrate	31.9 g	17.2 g
Sugar	20.9 g	11.3 g
Dietary Fibre	1.1 g	0.6 g
Sodium	38.0 mg	20.0 mg
Calcium	19.9 mg	10.8 mg
Potassium	22.7 mg	12.2 mg
Iron	0.3 mg	0.4 mg
Vitamin D	0 µg	0 µg



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