

## Protein Sesame Crisps

*Nutty sesame seeds couple with the fragrant sweetness of Gula Melaka (palm sugar). A protein-boosted snack made with beloved Asian ingredients. The perfect companion to both afternoons at work and weekends with the family.*



## Ingredients

	Wt (g)
Gula Melaka (palm sugar) syrup	45
<b>U.S. Whey Protein Isolate</b>	57
Black sesame powder	36
Extra virgin coconut oil (liquid)	18
Black sesame oil	21
White sesame seeds, toasted	12
Sugar	45
Water	21
<b>Total</b>	<b>255</b>

## Preparation

1. To make Gula Melaka syrup, add 2 parts Gula Melaka to 1 part water and bring to boil. Allow to cool to room temperature and set aside.
2. Add water, extra virgin coconut oil, Gula Melaka syrup, sugar and black sesame oil into a mixer bowl.
3. Add whey protein isolate, black sesame powder and white sesame seeds. Mix slowly at low speed for 3 mins until a homogenous dough is formed.
4. Roll out the dough thinly to about 0.2 cm and cut into a round shape (4 cm diameter) with each piece weighing 4 g.
5. Bake at 120 °C for 25 - 30 mins.
6. Allow to cool to room temperature before serving.

## NUTRITION CONTENT

Serving size: 10 pieces (4 g per piece)

	Per Serving	Per 100g
Energy	156.4 kcal	391.0 kcal
Protein	9.4 g	23.6 g
Total Fat	10.0 g	25.1 g
Saturated Fat	3.7 g	9.3 g
Trans fat	0 g	0 g
Cholesterol	1.2 mg	3.0 mg
Total Carbohydrate	14.6 g	36.4 g
Sugar	12.8 g	32.1 g
Dietary Fibre	0.9 g	2.2 g
Sodium	35.6 mg	89.0 mg
Calcium	41.6 mg	104.0 mg
Potassium	80.3 mg	200.8 mg
Iron	2.0 mg	5.0 mg
Vitamin D	0 µg	0 µg



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