

Red Bean High Protein Mooncakes



Best paired with a cup of Pu'er tea, enjoy these seasonal treats that deliver 17.5g of protein per mooncake.

Nutrition Content Per 100g:

Calories 322kcal; Total Fat 8g; Saturated Fat 6g; Trans Fat 0g; Cholesterol 34mg; Total Carbohydrates 38g; Dietary Fiber 8g; Sugars 18g; Protein 29g; Calcium 423mg; Magnesium 27.8mg; Phosphorus 218mg; Potassium 338mg; Sodium 150mg; Iron 1mg; Vitamin A 0iU; Vitamin C 0mg

Benefit of Using U.S. Dairy:

- Whey Protein Isolate boosts protein content and is easily digested and absorbed by the body.

Ingredients

Sweetened Red Bean Paste	27.14g
Isomaltooligosaccharide	5.43g
Coconut Oil	4.07g
U.S. Whey Protein Isolate	14.93g
U.S. Whey Crisps	5.43g
Glycerin	2.71g
Red Bean Flavor	0.27g
Salt	0.03g
Total	60g

Preparation

1. Add red bean paste, Isomaltooligosaccharide powder, coconut oil, glycerin, red bean flavor and salt to a mixing bowl; mix well for 1 - 2 minutes.
2. Add whey protein isolate and mix for about 1 minute or until most of the powder is incorporated.
3. Add the whey crisps and mix until dough is uniformed and crisps evenly distributed, about 1 minute. Do not over-mix.
4. For small scale batches, use a standard kitchen mixer with a standard mixing blade. For very small batches, mix by hand with a bowl and spoon.

Tips:

- Can be used to make into a high protein snack bar

Developed by U.S. Dairy Export Council Southeast Asia.

For additional information and recipes using U.S. dairy ingredients, visit: www.ThinkUSADairy.org/SEAsia