

Sesame Protein Bar/Cube

A unique mixture of flavors that take pride in our Asian palates. The deep roasted nutty aroma of sesame pairs with the caramel notes of Gula Melaka (palm sugar) for a nutritious, protein-boosted afternoon snack.



Ingredients	Wt (g)
Gula Melaka (palm sugar) syrup	90
U.S. Whey Protein Isolate	28
U.S. Whey Protein Isolate (Hydrolysed)*	28
Black sesame powder	36
Extra virgin coconut oil (liquid)	18
Black sesame oil	12
White sesame seeds, toasted	12
Glycerine	18
Light corn syrup	15
Total	257

Preparation

- To make Gula Melaka syrup, add 2 parts Gula Melaka to 1 part water and boil to 110 °C. Cool to room temperature.
- Add extra virgin coconut oil, Gula Melaka syrup, glycerine, light corn syrup and black sesame oil into a mixer bowl.
- Add whey protein isolate, black sesame powder and white sesame seeds. Mix slowly at low speed for 3 mins until well incorporated.
- Knead the black sesame dough to soften it slightly.
- (a) For Sesame Protein Bar:**
Portion and shape the dough into 12 g per piece in the form of a small bar shape (4.5 cm length x 1.5 cm width x 1.5 cm height).
- (b) For Sesame Protein Cube:**
Portion and shape the dough into 12 g per piece in the form of a cube (2 cm x 2 cm x 2 cm).
- Coat the sesame bars / cubes with toasted white sesame seeds before serving.

*Check with U.S. suppliers for hydrolysed or other specialty WPI tailored for bar formulations.

NUTRITION CONTENT

Serving size: 4 pieces (12 g per piece)

	Per Serving	Per 100g
Energy	179.5 kcal	374.0 kcal
Protein	11.2 g	23.4 g
Total Fat	10.2 g	21.3 g
Saturated Fat	3.7 g	7.8 g
Trans fat	0 g	0 g
Cholesterol	1.4 mg	3.0 mg
Total Carbohydrate	21.0 g	43.8 g
Sugar	15.7 g	32.8 g
Dietary Fibre	1.1 g	2.2 g
Sodium	63.4 mg	132.0 mg
Calcium	56.3 mg	117.2 mg
Potassium	172.9 mg	360.2 mg
Iron	0.2 mg	0.5 mg
Vitamin D	0 µg	0 µg



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