

Chocolate Protein Shake

Powerful protein packed low carbohydrate drink mix meeting 33% of your daily calcium requirement.

Products	Suppliers	% w/w
Bovine Collagen Hydrolysate	Delta Protein	65.77
Fructose [®] SFP	Sensus	12.53
Toledo 10-12% Cocoa Powder	Natra	7.83
Chocolate Flavor 765220	Carmi	6.26
Omya Cal [®] FG-4	Omya	3.13
Carrageenan/CMC/Xanthan Gum	Ingredient Solutions Inc.	2.82
Alcolec F-100	---	0.94
Acesulfame K	---	0.47
Sucralose	---	0.25

100.00

Nutrition Facts

Serving Size (32g)

Amount Per Serving:

Calories 93

% Daily Value*

Total Fat <1g	0%
Saturated Fat 0g	
Trans Fat 0g	
Cholesterol 0g	0%
Total Carbohydrates 7g	3%
Dietary Fiber 5g	18%
Total Sugars 1g	<1%
Sodium 0mg	0%
Protein 20g	40%
Calcium 400mg	31%

*Percent Daily Values are based on a 2,000 calorie diet.

Procedure:

1. Combine cocoa powder & lecithin and use high shear mixer to coat the cocoa powder with the lecithin. Mix for approximately 2-3 minutes. Alternately, a lecithinated cocoa can be purchased.
2. Combine pre-blend with remaining powders. Blend for approximately 20 minutes using low energy mixer (plough share or V-mixer).



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