

Keto Friendly Coffee Creamer

A luxurious zero carbohydrate coffee creamer with a rich vanilla flavor.

Products	Suppliers	% w/w
Purified Water	---	76.665
Cream: 40-45% Butter Fat	---	13.000
Milk Protein Concentrate 80	Idaho Milk Products	6.250
Organic Coconut MCT Oil	Ming Chyi Biotechnology Ltd.	3.000
Natural French Vanilla Flavor Powder 2011511	Carmi Flavors	1.000
Locust Bean Gum STD	Ingredient Solutions Inc.	0.045
Gellan Gum GND	Ingredient Solutions Inc.	0.020
Stevia Leaf Ext. 90% RD	Layn Natural Ingredients	0.010
Luo Han Guo P.E. 40% Mogroside V (Monk Fruit)	Layn Natural Ingredients	0.010
		100.000

Nutrition Facts

Serving Size (60mL)
1 servings per container

Amount Per Serving:

Calories 50

	% Daily Value*
Total Fat 5g	6%
Saturated Fat 4g	20%
Trans Fat 0g	
Polyunsaturated Fat 0g	
Monounsaturated Fat 0g	
Cholesterol 0mg	0%
Total Carbohydrates 0g	0%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Sodium 0mg	0%
Protein 3g	6%
Vitamin D 0mcg	0%
Calcium 52mg	4%
Iron 0mg	0%
Potassium 0mg	0%

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

Procedure:

1. Charge vessel with water and dust in gums. Mix vigorously until completely hydrated - no lumps or clumps.
2. Dust in Stevia and Monk Fruit maintaining mixing speed and mix until completely dissolved.
3. While maintaining mixing speed, dust in flavor and mix until completely dissolved.
4. Dust in MPC ensuring there is a vortex in the solution and mix until no lumps or clumps. Mix for at least 30 minutes with temperature at ~50°C and hold temperature until Step 6.
5. Combine Cream and MCT oil and then add to vessel while mixing at high speed for ~30 minutes. (A homogenizer will produce a better emulsion, but is not necessary)
6. Continue mixing with vortex (try not to aerate too much) and heat to a minimum of 75°C.
7. Cool quickly. Keep refrigerated.



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