

## Keto Cracker

Function – building structure, contributing to texture, oil and water binding, fortification

Consumer interest in diets like keto, carnivore, paleo and intermittent fasting is growing. The keto ‘diet’ has been the most searched-for diet on Google for many years. There are different versions of the keto diet, which range in the ratio of fat and protein eaten, but typically are high in fat and low in carbohydrates, forcing the body to burn stored fats for energy rather than carbohydrate.



This prototype demonstrates the ability of BP80F to contribute to building structure and improving dough cohesiveness in a low carbohydrate, grain free cracker that makes an ideal crispy, crunchy snack. Given the high fat content it is critical that the fat is well bound and emulsified, with BP80F performing this functional also. They are egg free, and also be dairy free. The neutral taste and high solubility allow the protein to be added at a dosage rate of 10%, resulting in a cracker with 20% protein and 35-40% fat.

Ingredients [g]	With Added Fat	No Added Fat
Almond flour	115	115
BP80F	20	20
Unsalted butter or vege marg	25	0
Baking powder	2	2
Water	35	50
salt	1	1
Nutritional yeast	3	3
Black pepper	1	1

## Method

1. Preheat the oven to 175°C.
2. In a medium-sized bowl, mix together all the ingredients well for 5 min.
3. Place the dough on a sheet of parchment paper. Top it with another sheet and use a rolling pin to roll the dough to about 4 mm thickness.
4. Remove the top layer of parchment paper and cut the dough sheet into small rectangular pieces 3 x 4.5 cm.
5. Transfer the dough sheet to a baking tray and bake for 15 minutes.
6. Remove the tray from the oven and let the crackers cool down to room temperature.



With Added Fat

<b>NUTRITION INFORMATION</b>		
Servings per package: 20		
Serving size: 16 g		
	Average Quantity per Serving	Average Quantity per 100 g
Energy	335 kJ	2090 kJ
<b>Protein</b>	<b>3.4 g</b>	<b>21.6 g</b>
Fat, total	7 g	43.9 g
- saturated	1.5 g	9.2 g
Carbohydrate	0.5 g	3.2 g
- sugars	0.4 g	2.6 g
Sodium	64 mg	403 mg

No Added Fat

<b>NUTRITION INFORMATION</b>		
Servings per package: 20		
Serving size: 16 g		
	Average Quantity per Serving	Average Quantity per 100 g
Energy	288 kJ	1800 kJ
<b>Protein</b>	<b>3.6 g</b>	<b>22.6 g</b>
Fat, total	5.6 g	35.3 g
- saturated	0.4 g	2.5 g
Carbohydrate	0.5 g	3.3 g
- sugars	0.4 g	2.8 g
Sodium	68 mg	423 mg