

## Protein Nut Bar

Function – nutritional fortification, binder, stabiliser

Bars have experienced an uptick in consumption as a healthy and convenient snacking option with broad appeal. Bars with BFY benefits are outperforming other subcategories, with a mix of adventurous and classic flavours doing well.

The focus has shifted from quantity to quality of protein however. Many bar consumers look for moderate amounts of protein (5-14g/serve), with the source of protein as a key driver of bar choice. Whether you are looking at developing muscle recovery bars, energy bars, indulgent bars or meal replacement bars, BP80F can play a key role.



The neutral flavour of the lupin protein allows formulations to be flavour forward, using nut butters, choc fudge, berries etc. The functionality of BP80F allows for a cleaner label in line with consumer preferences of natural ingredients. Lupin protein works exceptionally well as a binder and stabiliser.

Below is a prototype of an unbaked protein bar. The BP80F is added at 4%, yielding 8g of protein per 40g serve.

Ingredient	Quantity [g]
Almonds, dry roasted	55
Cashews, dry roasted	55
Peanuts, dry roasted	40
Pumpkin seeds	40
Sunflower seeds	30
Salt	0.3
Honey	75
Almond butter, no added sugar	55
BP80F	16

## Method

1. Combine nuts, seeds and salt in a large bowl.
2. Add the BP80F and stir to coat nut/seed mix.
3. In a saucepan melt the honey and almond butter over low heat.
4. Remove from heat and pour honey mix over nuts and still well to combine.
5. Line a 10 x 8 inch dish with baking paper and press mixture into dish.
6. Refrigerate for at least 30 mins, until firm.
7. Cut into bars and store in an airtight container.

**NUTRITION INFORMATION**

Servings per package: 8

Serving size: 40 g

	Average Quantity per Serving	Average Quantity per 100 g
Energy	884 kJ	2210 kJ
<b>Protein</b>	<b>8 g</b>	<b>20 g</b>
Fat, total	15.3 g	38.3 g
- saturated	1.8 g	4.4 g
Carbohydrate	9.6 g	24 g
- sugars	8 g	20 g
Sodium	44 mg	111 mg