

# Black Sesame High Protein Dessert



Featuring the sweet, nutty flavour of black sesame, enjoy this high protein dessert that also serves as a meal replacement.

### Nutrition Content Per 100g:

Calories 442kcal; Total Fat 17.8g; Saturated Fat 3.1g; Trans Fat 0.1g; Cholesterol 3.7mg; Total Carbohydrates 30.7g; Dietary Fiber 0.3g; Sugars 0.7g; Protein 35.8g; Calcium 1065mg; Magnesium 219mg; Phosphorus 1026mg; Potassium 2435mg; Sodium 290mg; Iron 11mg; Vitamin A 3144iU; Vitamin C 46.5mg

### Benefits of Using U.S. Dairy:

Whey Protein Concentrate

- Boosts protein content and contains all of the essential amino acids required for good health.

Milk Protein Concentrate

- Adds dairy protein and calcium.

### Ingredients

Black Sesame Dessert Powder Mix 36g

(Black sesame and sugar)

**U.S. Whey Protein Concentrate 15g**  
(Instantied)

**U.S. Milk Protein Concentrate 15g**  
Dairy creamer powder (25% fat) 5g

Flavor cream 0.4g

Flavor masking 0.4g

Cellulose 0.13g

Xanthan 0.13g

Mineral Premix 4g

Vitamin Premix 0.12g

Sucralose 0.05g

**Total 76.23g**

### Preparation

1. Blend all the dry ingredients together till well-incorporated.
2. Pour all the ingredients into a sports shaker bottle.
3. Add in 250 - 350 ml of water.
4. Shake well and serve.

Developed by U.S. Dairy Export Council Southeast Asia.

For additional information and recipes using U.S. dairy ingredients, visit: <https://www.usdairyexcellence.org/>