

# Taro and Caramel High Protein Dessert



Combining the creamy and nutritious blend of taro and caramel, enjoy this high protein dessert that also serves as a meal replacement.

### Nutrition Content Per 100g (based on dry-mix):

Calories 390kcal; Total Fat 4.5g; Saturated Fat 3.5g; Trans Fat 0.1g; Cholesterol 0mg; Total Carbohydrates 43g; Dietary Fiber 0g; Sugars 6g; Protein 39g; Calcium 884mg; Magnesium 166mg; Phosphorus 819mg; Potassium 1635mg; Sodium 100mg; Iron 6mg; Vitamin A 1867IU; Vitamin C 27mg

### 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:

|  |               |
|--|---------------|
| Purple Yam Powder                                      | 25g           |
| <b>U.S. Whey Protein Concentrate 15g (Instantized)</b> |               |
| <b>U.S. Milk Protein Concentrate 15g</b>               |               |
| Dairy Creamer Powder (25% fat)                         | 5g            |
| Flavor Cream   | 0.4g          |
| Flavor Masking   | 0.4g          |
| Mineral Premix   | 4g            |
| Vitamin Premix   | 0.12g         |
| Sucralose  | 0.05g         |
| Flavor Caramel   | 1.5g          |
| Flavor Coconut   | 0.4g          |
| <b>Total</b>   | <b>66.87g</b> |

### Preparation:

1. Blend all the dry ingredients together till well-incorporated.
2. Pour all the blended 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/>