

Passion Fruit Satiety Snack Gel

A high-fiber, high-protein
on-the-go snack



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INGREDIENTS!



PASSION FRUIT SATIETY SNACK GEL

INGREDIENTS

527g Filtered water

194g Passion fruit puree

141g Acidified Whey Protein Isolate

70g Erythritol

50g Galacto-oligosaccharides

13g Gelatin

5g Monk fruit extract

DIRECTIONS

1. Reconstitute the whey protein isolate (WPI), galacto-oligosaccharides (GOS), erythritol, monk fruit extract, passion fruit puree, and 3/4 of the water with an immersion blender or high speed mixer. Allow to hydrate for up to an hour, with no agitation, to allow foam to collapse.
2. Heat the remaining 1/4 water to 195-200°F and add to gelatin, then mix until gelatin is dissolved.
3. Add the WPI solution with the other ingredients to the gelatin solution and slowly mix until uniform to minimize foam.
4. Pour into packaging and refrigerate until firm.

Ingredients: Filtered water, passion fruit puree, whey protein isolate, erythritol, galacto-oligosaccharides, gelatin, monk fruit extract.

Contains: Milk



Nutrition Facts

Serving Size 1/2 cup (100g)

Amount Per Serving

Calories 80 Calories from Fat 0

% Daily Value*

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 5mg 0%

Total Carbohydrate 12g 4%

Dietary Fiber 5g 20%

Sugars 1g

Protein 14g 28%

Vitamin A 0% • Vitamin C 0%

Calcium 0% • Iron 0%

Phosphorus 0%

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