



Raspberry Yogurt Smoothie Mix

This delicious smoothie drink mix combines the health benefits of whey protein, probiotics and the essential nutrients found in yogurt.

Ingredient	Usage Level (%)
Instantized Whey Protein Concentrate 80	34.80
Fructose	34.80
Yogurt Powder	20.86
Corn Syrup Solids-42DE	6.96
Citric Acid	1.92
Natural Raspberry Flavor	0.52
Red 40	0.14
Probiotics (<i>Lactobacillus Acidophilus</i>)	0.001
TOTAL	100.00 %

Preparation:

1. Add 28 g of mix to 8 oz of cold water.

Developed at the Wisconsin Center for Dairy Research, University of Wisconsin-Madison.
 © 2008 Dairy Management Inc.™ *Note: This formula serves as a reference. Product developers are encouraged to modify the formula to meet manufacturing and finished-product specification needs.*

Benefits of Using Dairy Ingredients — Yogurt Powder with Probiotics:

- Meets consumer flavor expectations
- Probiotics can help contribute to a healthy digestive tract and long life
- Yogurt powders are rich in the important nutrients found in milk, including protein, calcium and potassium

Whey Protein:

- Provides an excellent source of protein
- Boosts protein content and is easily digested and absorbed by the body
- Contains all of the essential amino acids required by the body for good health
- Provides a clean, neutral taste that is well-suited to fruit-flavored beverages

Market Insights:

- Yogurt smoothies combine the goodness of yogurt with natural fruit for a nutritious and great-tasting beverage
- Dairy is an ideal vehicle for probiotics, which are friendly bacteria that support digestive health and immunity
- With the continuing trend in health, wellness and functional goods, sales of dairy foods with probiotics are increasing at about 20 percent a year
- Dairy delivers on consumer demand for healthier lifestyles, on-the-go eating and weight management

Nutrition Facts

Serving Size 28 g mix per 8 oz water (240g)
 Servings Per Container 1

Amount Per Serving	
Calories 110 Calories from Fat 5	
% Daily Value*	
Total Fat 0.5g	1%
Saturated Fat 0g	1%
Trans Fat 0g	
Cholesterol 20mg	7%
Sodium 50mg	2%
Potassium 55mg	2%
Total Carbohydrate 17g	6%
Dietary Fiber 0g	0%
Sugars 15g	
Protein 10g	
Vitamin A 0% • Vitamin C 2%	
Calcium 15% • Iron 0%	

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories	2,000	2,500
Total Fat	Less Than	65g	80g
Saturated Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300 mg
Sodium	Less Than	2,400mg	2,400mg
Potassium		3,500 mg	3,500 mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
 Fat 9 • Carbohydrate 4 • Protein 4

Enjoy this sample, courtesy of Dairy Management Inc.™ Call **1-800-248-8829** for assistance with new formulations and product development. For additional sample formulations and the latest on dairy ingredients, visit www.innovatewithdairy.com.