

Gum Technology

Hydrocolloids & Stabilizing Systems

Featuring
Coyote Brand
Fiber Blend ACO



Peanut Butter & Chocolate Nutritional Bar

Try Coyote Brand Fiber Blend ACO using Gum Technology's Peanut Butter & Chocolate Nutritional Bar formula. Coyote Brand Fiber Blend ACO is a blend of Gum Arabic, Cellulose Gel, and Oat Fiber. Coyote Brand Fiber Blend ACO is a specially formulated balance of soluble and insoluble dietary fibers and is an excellent way of adding additional fiber to the diet. The American Dietetic Association recommends a daily intake of between 20-35 grams of dietary fiber for a healthy adult. The average American however only consumes 5-10 grams of fiber a day (1).

Ingredients	%
Brown Rice Syrup	13.50
Puffed Rice ¹	13.50
Natural Peanut Butter	10.00
Oat Flour	10.00
Rolled Oats	10.00
Honey	8.50
Brown Sugar	8.50
Chocolate	8.50
Nonfat Dry Milk	6.50
Coyote Brand Fiber Blend ACO	4.00
Isolate Protein Powder ²	4.00
Water	1.75
Vanilla Extract	1.00
Salt	0.25

Nutrition Facts	
Serving Size 75g (one bar)	
Calories	288
Fat	7g
Saturated fat	1.5g
Trans fat	0g
Cholesterol	0g
Sodium	277mg
Total Carbohydrate	48g
Dietary fiber	4.5g
Sugar	24g
Protein	7g
Potassium	167mg

Nutritional Bar

Adds Soluble
& Insoluble
Fiber

Helps Bind
Ingredients

Procedure

1. Combine puffed rice, oat flour, rolled oats, nonfat dry milk, protein powder, Coyote Brand Fiber Blend ACO, and salt.
2. Slowly mix the rice syrup, honey, peanut butter, and vanilla. Heat the mixture until it reaches 185 °F and it is fluid and smooth.
3. Pour peanut butter mixture over dry ingredients. Mix until all liquid has been absorbed. Add water and mix until batter comes together.
4. Press into prepared pans.
5. Let rest until completely cool (75 °F).
6. Melt the confectionery chocolate over a double boiler.
7. Pour melted chocolate over bars and allow to set.
8. Once chocolate has set, cut into the desired size.

¹Kellogg's® Brand Rice Bubbles™ 100 #36300.

²Pro Fam 891 Isolated Soy Protein Powder, ADM.

Reference

1. American Dietetic Association, www.eatright.org

Gums are Good.



Coyote
BRAND

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