

# High-Resistance Yogurt



## INGREDIENTS


	Usage Levels (%)
<b>Whole milk</b>	<b>49.60</b>
Water	21.75
Flavoring (strawberry)	20.00
Sucrose	4.80
<b>Whey protein concentrate, 34% protein (WPC 34)</b>	<b>2.40</b>
<b>Whey protein concentrate, 80% protein (WPC 80)</b>	<b>0.80</b>
Gelatin	0.25
Stabilizer	0.40
<b>Total</b>	<b>100.00</b>

## NUTRITIONAL CONTENT

Per 100g	
<b>Calories</b>	180kcal
<b>Total Fat</b>	3g
Saturated Fat	1.5g
Trans Fat	0g
Cholesterol	15mg
<b>Total Carbohydrates</b>	34g
Dietary Fiber	0g
Sugars	32g
<b>Protein</b>	6g
Sodium	85mg

## PREPARATION

1. **Standardize yogurt mix at 2% milkfat.**
2. **Homogenize at 15.86 MPa (2300 psi).**
3. **Pasteurize at 92°C (198°F) for 30 seconds.**
4. **Cool to 25°C (77°F) and keep at refrigeration conditions 4°C (39°F), overnight.**
5. **Warm up to 42°C (108°F).**
6. **Inoculate starter culture (following the manufacturer's recommendations).**
7. **Agitate for 10 minutes to distribute the culture evenly. Maintain temperature at 42°C (108°F) during the fermentation process. Stop fermentation process when pH is 4.4 (around 4.5 hours).**
8. **Add flavoring at a rate of 15% (w/w).**
9. **Store at 4°C (39°F).**

Rely on the dynamic lineup of U.S. dairy to meet consumer demands for global product development. The U.S. Dairy Export Council (USDEC) offers resources on [ThinkUSAdairy.org](http://ThinkUSAdairy.org) including a dairy ingredient supplier search, consumer, nutrition and product research, technical insights and prototype assistance to help develop and launch your next successful product.  [@ThinkUSAdairy](https://twitter.com/ThinkUSAdairy)

This formula serves as a reference. Product developers are encouraged to modify the formula to meet manufacturing and finished product specification needs. Developed by the Food Industries Center, The Ohio State University. ©2014 U.S. Dairy Export Council.