

# Pulse Yogurt

| Ingredients                               | %          |
|---|------------|
| Coconut Milk                              | 85.0       |
| Sugar                                     | 6.5        |
| <b>Deflavoured Faba Bean Protein</b>      | <b>6.0</b> |
| Potato Starch                             | 1.4        |
| <b>Deflavoured Faba Bean Flour V-6000</b> | <b>1.0</b> |
| Xanthan gum                               | 0.1        |

## Procedure

- In a pan, mix all ingredients
- Heat over medium heat and stir constantly until boiling
- Cool the liquid to 40-43°C and add yogurt culture
- Incubate at 40°C for 6 h
- Remove the incubator and let cool to room temperature
- Store in refrigerator overnight



## Nutrition Facts

|                               |            |
|-------------------------------|------------|
| Serving size                  | (100g)     |
| Amount per serving            |            |
| <b>Calories</b>               | <b>250</b> |
| % Daily Value*                |            |
| <b>Total Fat 20g</b>          | <b>26%</b> |
| <b>Saturated Fat 18g</b>      | <b>90%</b> |
| <b>Trans Fat 0g</b>           |            |
| <b>Cholesterol 0mg</b>        | <b>0%</b>  |
| <b>Sodium 15mg</b>            | <b>1%</b>  |
| <b>Total Carbohydrate 15g</b> | <b>5%</b>  |
| Dietary Fibre 3g              | 11%        |
| Total Sugars 9g               |            |
| Includes 6g Added Sugars      | 12%        |
| <b>Protein 6g</b>             |            |
| Vitamin D 0mcg                | 0%         |
| Calcium 22mg                  | 2%         |
| Iron 2mg                      | 10%        |
| Potassium 343mg               | 8%         |

\*The % Daily Value tells you how much nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice

Calories per gram Fat 9 • Carbohydrate 4 • Protein 4



## Contact us:

For more information or to speak to somebody about this recipe please call your local Univar Solutions representative or contact us at:

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