

Keto Pumpkin Seed Granola Bars



Featured Ingredient: Tagatose



Granola Bar Formula

Ingredients	%
Whey Isolate Protein Puffs	13.8
Pumpkin seeds	16.1
Almonds, slivered	23.0
Unsweetened shredded coconut	10.0
Tagatose	24.5
Coconut oil	6.9
Water	5.4
Salt	0.3
Total	100

Method

1. Mix dry ingredients and cook, puffs, seeds, almonds and shredded coconut for 10 minutes at 325°F
2. Separately, create a syrup by mixing tagatose, coconut oil, water and salt and dissolve the mixture with moderate heat, mixing well.
3. Mix cooled syrup with dry ingredients and compress into mould/tray to remove air pockets
4. Bake for 14-16mins at 300°F
5. Package once cooled.



Tagatose Overview

Tagatose is a rare sugar which tastes and performs like sucrose. It is 90% as sweet as sucrose with 60% fewer calories. With a low glycemic index of 3, Tagatose is Ketogenic Certified and does not raise blood glucose levels when consumed on its own. In addition, it does not promote tooth decay and has been shown to have prebiotic effects.



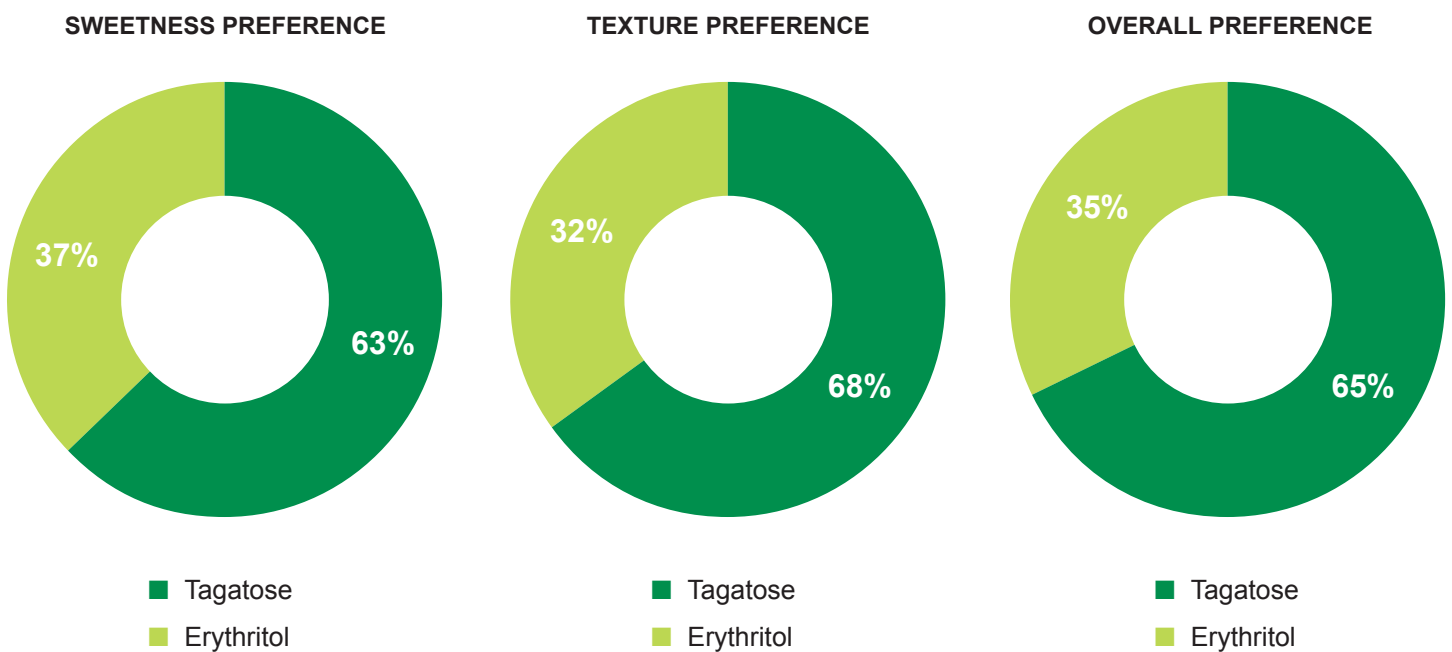
Benefits

of Using Tagatose in Granola Bars

- Browns during baking like sucrose.
- Tagatose delivers both sweetness and binding properties to the bars so fewer ingredients are needed.
 - Erythritol adds sweetness, but does not have binding properties. 0.2% glycerol was added so the bars could maintain their form.
- Delivers a better texture and perceived sweetness compared to erythritol bars.

Sensory Results

for Granola Bars Prepared with Various Sweeteners



KEY TAKEAWAY:

Our testing shows that the Tagatose granola bars are preferred over the erythritol granola bars.

Source: ASR Group Internal Testing, 2024. N=21

For inquiries or samples, or to place an order, please contact your ASR Group sales representative or visit asr-group.com/specialty.

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