

GOS Application Sheet



Cereal bars with Promovita® Galacto-oligosaccharides (GOS)

- Promovita® GOS can be used to produce gut healthy oat bars* ideal for use as a daily source of prebiotics. The prebiotic effect can help to increase the activity of healthy bacteria in the gut leading to a general feeling of wellness.
- Promovita® GOS can be utilised to increase fibre, replace sugar and fats and thus lower product calories.
- Prebiotic GOS syrup also has the potential to increase bioavailability of essential minerals, such as calcium, magnesium and iron.
- Mildly sweet, pleasant taste; relative sweetness of Promovita® GOS to sucrose is 0.4.



Application: Daily dose oat bars with Promovita® GOS

Formulation delivers:

- Per 40g serving; 1.3g prebiotics, 3g total fibre, 171 kcal.
- Provides sufficient prebiotics / high source of fibre claim.

Formulation

Porridge oats.....	38.6 %
Butter.....	14.3 %
Brown sugar	17.9 %
Promovita® GOS.....	7.5 %
Golden syrup.....	3.2 %
Mixed seeds.....	7.1 %
Raisins	7.9 %
Dried fruit	3.6 %

Flavours, additions, regulators as required

Procedure

- Mix ingredients
- Mould/extrude to shape and portion
- Bake at 180°C for 30 minutes
- Cool
- Pack

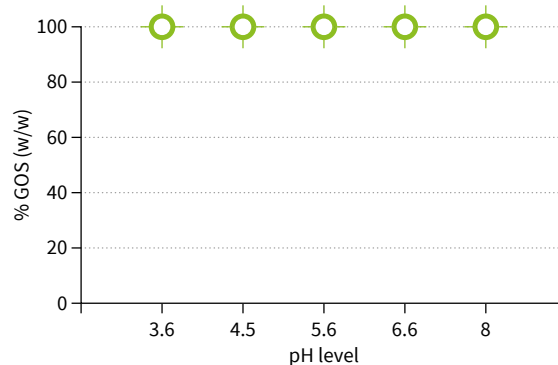
***Comparing to standard recipe (where sucrose substitutes GOS)*

Promovita® GOS Properties

- Gram for gram 40 % less calories than sucrose.
- Binding/bulking agent – Provides texture and mouthfeel.
- High heat and acid stability of Promovita® GOS provides a major processing benefit over other prebiotic fibres.

GOS levels at 120 minutes at 121°C

Figure 1: Heat and stability of Promovita® GOS



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