

GOS Application Sheet



Oat Cereals with Promovita® Galacto-oligosaccharides (GOS)

- Promovita® GOS can be used to produce gut healthy cereals*. The prebiotic effect can help to significantly increase the activity of healthy bacteria in the gut leading to a general feeling of wellness, a great way to start the day.
- Promovita® GOS can be utilised to increase fibre, replace sugars 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.



Promovita® GOS Application in Oat Cereals

Formulation delivers:

- Formulation, per 45 g serving delivers;
- 1.3 g prebiotics, 5.1 g total fibre, 4.4 g sugar, 59 kcals
- 18% increased fibre, 38% reduced sugar, 10% reduced kcals**

Formulation

Rolled oats	59.1 %
Wheat flakes	9.3 %
Puffed cereal rice	8.3 %
Oat flour	1.0 %
Promovita® GOS.....	6.7 %
Golden syrup.....	2.5 %
Dried fruit	12.0 %
Vegetable oil.....	1.0 %

Flavours, additions, regulators as required

Procedure

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

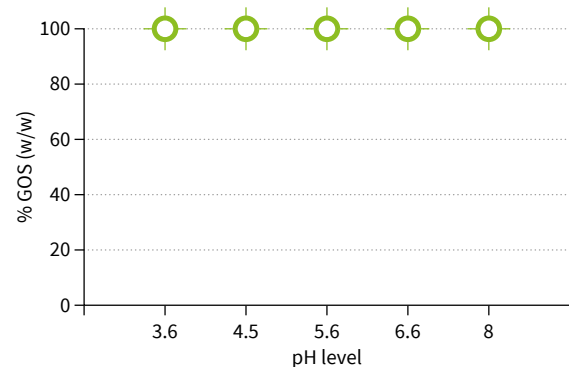
***Comparing to standard recipe (where sucrose substitutes GOS)*

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



Customer enquiries

sales@promovitaingredients.co.uk

Dairy Crest Ltd,
Claygate House, Esher,
Surrey KT10 9PN
www.dairycrest.co.uk

