Snacking your way to a better diet ...
Sugar-reduced biscuits, permission to indulge.

The tables have definitely turned on the sweet stuff. Where in the past it was seen as quite harmless, public opinion and numerous research now tell a different tale about sugar... and the industry is finding ways to oblige. Yet simply taking out all sugar will often clash with the need to satisfy a sweet craving.

Everyone who has been on a strict diet knows that taking out all the tasty stuff is not a long term strategy. Instead, an active lifestyle and treats in moderation give better results: quality food, smaller portions and healthier ingredients.

Where certain ingredients only tackle the dose of sugar in the recipe, others go further and bring good tasting solutions or a health story to the table. At BENEO, we offer you both with **Orafti® fibres, sourced from chicory root – one of nature's secrets to keep you in balance.**

Benefits of Orafti® fibres:

Balanced snack:
Combining indulgence with reduced sugar levels

Belly balance:
Orafti® fibres aid towards a healthy digestive system

Body balance:
interesting for consumers who want to achieve a better balance in their blood sugar levels. Orafti® Inulin and Oligofructose lower the blood glucose rise[1]

[1] Manufacturers can claim a 13.5 European health label.

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Improved nutritional profile: More fibre – less sugar.

Orafti® chicory root fibres can reduce the sugar content in chocolate chip cookies by 30%, allowing them to contribute to an improved nutritional profile with more fibres and less sugar. With 8% chicory root fibre content, the provided recipe comes with a “high in fibre” claim which supports the digestive system and helps towards a reduced blood glucose response.

As this cookies recipe is free from artificial sweeteners, it is an advanced step towards clean label solutions in sugar reduction. As shown in Fig. 2, these cookies match their full sugar equivalent in bite, texture and pleasant sweet taste and as such serve as a delicious treat – permission to indulge!

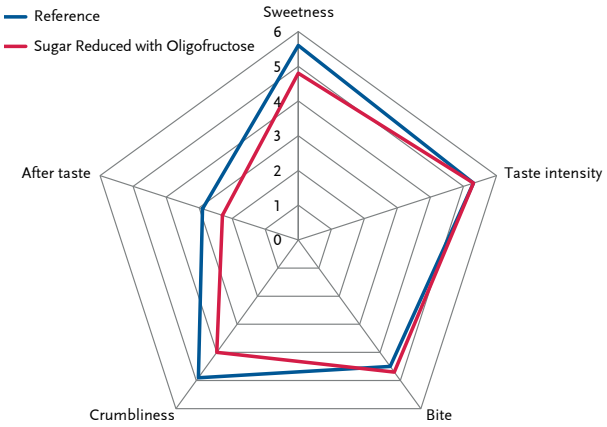
Where consumers are concerned about maintaining a good digestive health, this cookie helps them on their way by simply replacing some sugar with fibres in the recipe. Orafti® Inulin and Orafti® Oligofructose are sourced from the chicory root fibre and can help towards a better digestive system. On top, there is increased understanding of the impact that a fibre-rich diet can have on how consumers look and feel.

Fig.1: Chocolate chip cookies

INGREDIENTS (%w/w)	Reference	Sugar reduced
Flour	38	41
Fat	18	18
Sugar & sugar syrups	24	15
Chocolate chips	10	10
Water*	9	7
Orafti® Oligofructose	-	8
Minor ingredients (e.g. emulsifier, leavening agents, salt, flavours)	1	1
Total	**100**	**100**
Sugars (g/100g)	33	23 (-30%)
Fibres (g/100 g)	2	8 (x4)

[2] To be adapted, depending on the type of process and flour.

Fig. 2: Taste panel profiling



BENEO’s Technology Center developed high quality recipes for natural, cleaner label, sugar-reduced bakery products with a sugar reduction up to 30% and increased fibre content. Our experts are keen to share their insights upon request.

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