REFORMULATE AN ALL-TIME FAVOURITE

# fat-free vanilla ice cream



The biggest challenge when reformulating ice cream in a fat-free manner, is keeping taste and texture enjoyable. Explore your formulation options with naturally sourced fibres that offer just the right solution. Orafti® Inulin can help to retain creaminess and even improve the scoopability and mouthfeel of each serving.

## With a simple ingredient list, chicory root fibres help to meet consumers' expectations on better-for-you ice cream.

### The recipe for a fat-free dairy dessert

| **INGREDIENTS** (% w/w) | Vanilla ice cream |
|---|---|
| Skimmed milk | 74 |
| Sugar | 11 |
| Orafti® Inulin | 10 |
| Skimmed milk powder | 3 |
| Minor ingredients (e.g. emulsifier, stabiliser, flavour) | q.s. |

# How to create this frozen delight.



- Blend the dry ingredients into liquid milk until a homogeneous mixture is obtained.
- Heat the mixture to 72°C and disperse the cream into the mixture slowly.
- Heat to 75°C in a plate heat exchanger and cool it to 55°C and homogenise it (200 bar).



- Pasteurize the ice cream mixture at 85°C for 15 seconds in a plate heat exchanger and cool it to 5°C.
- Store the ice cream at 5°C for 4 hours.
- Aerate and freeze in a continuous freezer.



- Fill into cups and store in the freezer for 2 days at -20°C to harden.
- Enjoy a fat-free, flavourful dairy dessert!

## Nutritional values of this fat-free ice cream.

**Our food experts have compared our fibre enriched recipe to a standard ice cream recipe to give you insights in the nutritional values. And these do not let us down!**

All fat is replaced by fibres. This gives you a recipe that will attract consumers with “high fibres” and “no fat”-claims. And not to forget, this is all possible without compromises in texture and taste.

MORE FIBRE

NO FAT

| Typical values per 100 g | Test recipe | Reference |
|---|---|---|
| Energy (kJ/kcal) | 436/104 | 711/170 |
| Fat (g) | 0.0 | 10.4 |
| of which saturates (g) | 0.0 | 6.1 |
| Carbohydrate (g) | 15.9 | 15.4 |
| of which sugars (g) | 11.1 | 11.8 |
| Fibre (g) | 8.8 | 0.0 |
| Protein (g) | 3.7 | 3.4 |
| Salt (g) | 0.0 | 0.0 |

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