

REFORMULATE
AN ALL-TIME
FAVOURITE

Lassi: fat reduced, enriched with fibre.



This drinkable yoghurt is an all-time favourite for many Indian consumers. That was enough reason for our experts in the food application lab, to investigate options to give the recipe an extra healthy twist. By formulating a lassi recipe with prebiotic chicory root fibres, the fibre content is increased and the fat content decreases. An obvious win-win situation. And the best part? Orafti® Inulin can also improve mouthfeel and texture. Leaving you with a delicious result that will attract many consumers.

The recipe for a fat-reduced lassi.

In this recipe for a fat-reduced lassi, chicory root fibres are the key ingredient because they have fat mimicking properties providing a creamy mouthfeel and a pleasant texture. By creating a lassi recipe with Orafti® Inulin, the end result is higher in fibre and lower in fat. And this without compromising on taste & texture. There's no reason not to try it!

INGREDIENTS (% W/W)

Test recipe

CURD BASE (50%)

Milk	96
Orafti® Inulin	3
Minor ingredients (e.g. cream, curd culture)	q.s.

WATER (50%)

How to create this curd.



- Create the curd, shown in our previous recipe.



- Take the same amount of curd and water and mix it Homogenise this mixture at 40°C



- Cool down and store it at 4°C

Inulin: Naturally sourced fibre from chicory root.

Inulin-type fructans, such as Orafiti® Inulin, occur naturally in a great number of plants and vegetables, though the chicory root is a particularly wealthy source.

As it is extracted through hot water processing, chicory root is of 100 % vegetable origin. After extraction, purification takes place in order to meet even the highest quality requirements, including those for infant nutrition.

Orafiti® Inulin is a soluble dietary fibre which allows for easy processing without adapting or changing the production process. Our range offers a unique solution to formulations requiring high dosages of fibre when water availability is limited.

Nutritional values of this fat-reduced lassi.

Typical values per 100 g	Test recipe	Reference
Energy (kJ/kcal)	87/21	121/29
Fat (g)	0.2	1.5
of which saturates (g)	0.0	0.8
Fibre (g)	1.3	0.0

