



## RECIPE CARD

# Dairy Free Cream Cheese Fortified with Plant-Based Calcium

Ingredient Mix	Quantity
Water	55.88%
Coconut Oil	26.4%
<b>Atura Fava Bean Flour</b>	<b>5.2%</b>
<b>Atura Fava Bean Concentrate</b>	<b>4.7%</b>
Brown Rice Syrup	2.1%
Lemon Juice	1.9%
Aquamin S	1.7%
Salt	1%
Lactic Acid	0.67%
Carrageenan	0.45%

Nutritional Information Typical Values		
Nutrient	per 100g	per serving (30g)
Energy	1157kJ/280kcal	347kJ/84kcal
Fat	26g	7.9g
of which saturates	23g	6.8g
Carbohydrates	6.7g	2g
of which sugars	1.2g	0.5g
Protein	3.9g	1.2g
Salt	1g	0.3g
Calcium	290mg (36% RI)	85.8mg (10% RI)

## Method

1. Place all ingredients into a beaker.
2. Pour over the water which has been heated to 85°C.
3. Mix on a Silverson Mixer for 5 minutes until smooth.
4. Leave to set in the fridge overnight.



The sample with Aquamin S had a more spreadable texture and an improved flavour versus the control.

We simply shape what nature provides into sustainable protein ingredients, backed with science and market know-how.