

Yogurt Fruit Preparation with Reduced Fruit Content & 30% Soluble Solids

Featuring NUTRAVA® Citrus Fiber fruta

In yogurt fruit prep with reduced fruit content, NUTRAVA® Citrus Fiber fruta provides a smooth and shiny appearance, excellent flavor release and controls syneresis over shelf life. There is stable fruit distribution and it is compatible with the yogurt white mass. A unique food ingredient, NUTRAVA® Citrus Fiber supports dietary fiber intake and helps to compensate the mouthfeel lost by reduced fruit content.



PROCESS

1. Weigh out water, heat to approx 60° C.
2. Add NUTRAVA® Citrus Fiber fruta to water; mix with high shear mixer at 7500 rpm for 10 minutes. If using a Silverson® mixer, use a stator with small (<2mm) holes.
3. Separately, mix fruit and sugar, and heat to 90° C. Stir until the sugar is dissolved.
4. Add NUTRAVA® Citrus Fiber fruta slurry to the fruit mixture.
5. Adjust soluble solids (% SS determined by refractometer).
6. Add color and potassium sorbate (optional).
7. Cool to 40° C.
8. Fill into suitable containers and seal.

ORDER OF ADDITION	INGREDIENTS	KG or LITRE	% SOLUBLE SOLIDS	KG SOLUBLE SOLIDS
A	Water 1:1	43.40	–	–
	NUTRAVA® Citrus Fiber fruta	1.65	44	0.726
B	Fruit Pieces	20.00	8	1.60
	Sucrose	27.98	100	27.98
C	Color	Optional		
	Potassium Sorbate	Optional		
	Total Ingredients	100.00		
	Evaporation	0		
	Yield	100.00		30.31

VISCOSITY DETERMINED BY BOSTWICK* CONSISTOMETER		
	Time	
	30 Min.	60 Min.
Reference (30% fruit)	9 cm	10 cm
Reduce Fruit (20% fruit)	9 cm	9.75 cm

PROCESSING NOTES

NUTRAVA® Citrus Fiber use level and activation: The use level of NUTRAVA® Citrus Fiber should be adjusted according to the shear applied and the desired end texture. Increasing the use level may compensate for less activation (shear and time) during processing and provide similar functionality.

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