

***Fruitose***<sup>®</sup>  
*Crystalline Fructose*

*In Dairy Products*



*Fruitose<sup>®</sup> enhances taste, aroma, consistency and "fruitiness" in fruit-flavored yogurt and dairy desserts. Using Fruitose<sup>®</sup> in the recipe reduces the amount of added flavor necessary, while accentuating the natural fruit taste of the product.*

# Galam's Recipes

*Fruitose® In dairy products*



*I*n frozen yogurt, ice cream and sorbets prepared with Fruitose®, its high freezing point depression makes them softer and easy to spoon out, with a creamier texture.

When Fruitose® is used to replace sucrose in sweetening dairy desserts containing starch, the gel temperature of the starch is reduced. Lower cooking temperatures and less starch can be used to obtain the same degree of viscosity. Fruitose®'s flavor enhancing properties provide cost saving benefits, because less cocoa and flavoring agents are required.

Flavored milk beverages sweetened with Fruitose® also have an enhanced natural aroma with less cocoa or fruit flavors needed. Low calorie milk drinks can take advantage of the higher sweetness value of Fruitose® and of its masking effect on the bitterness of non-nutritive sweeteners.

Recent research points to the positive influence of Fruitose® on the physiological absorption of calcium. Fruitose® is also the least cariogenic of all the natural sweeteners is recommended for use in children's and infants' products.

## *Fruitose® Vanilla Milk Beverage*

<b>Ingredients:</b>	<b>%</b>
Milk (3% fat)	95.00
Skimmed milk powder	3.00
Fruitose®	2.00
Vanilla flavor	x
<b>Total</b>	<b>100.00</b>

### *Method of Preparation*

- 1. Blend all the dry ingredients.*
- 2. Add the dry mix to the milk while stirring.*
- 3. Pasteurize at 85°C.*
- 4. Pour into clean bottles and close immediately.*

## *Vanilla ice cream with Fruitose®*

*Energy (calories): 178 kcal*

<b>Ingredients:</b>	<b>%</b>
Sugar	7.00
Fruitose®	3.90
Milk 3% fat	56.60
Free-fat milk solids	3.80
Whipping cream 32% fat	22.40
Glucose syrup	2.00
Maltodextrin DE 15	3.30
Emulsifier and Stabilizer mix	0.80
Vanilla flavor	0.20
<b>Total</b>	<b>100.00</b>

### *Method of Preparation*

- 1. Mix all the dry ingredients.*
- 2. Mix syrup glucose, whipping cream and milk.*
- 3. Add the dry mix into the wet blend and stir.*
- 4. Pasteurize at 85°C while stirring very gently.*
- 5. Homogenize the mixture.*
- 6. Cool and pour the mixture into the ice cream machine and freeze for 30 minutes.*



## *Fruitose® based cocoa drink*

<b>Ingredients:</b>	<b>%</b>
Milk (3% fat)	82.50
Fruitose®	6.80
Maltodextrin DE 18	4.80
Sugar	2.80
Stabilizer CMC	0.10
Cocoa powder (10-12% fat)	3.00
<b>Total</b>	<b>100.00</b>

### *Method of Preparation*

- 1. Mix the dry ingredients.*
- 2. Dissolve the dry mixture into the milk while stirring, and start heating.*
- 3. Pasteurize at 85°C, homogenize.*
- 4. Pour into clean glass bottles then close immediately.*

# Galam's Recipes

*Fruitose® In dairy products*

## *Strawberry yogurt drink 1.5% fat fortified with minerals*

*(Calcium: 20% RDA, Zinc: 15% RDA)*

<b>Ingredients:</b>	<b>%</b>
Milk 1.5% fat	84.500
Calcium Lactate Gluconate (CLG) mix with buffers	0.920
Starter culture	0.014
Zinc Gluconate	0.011
Sugar	4.500
Fruitose®	2.500
Glucose powder	0.700
Inulin	0.700
Strawberry flavor	2.500
Vanilla flavor	0.150
Natural color	*
Strawberry powder	3.500
Total	100.000



### *Method of Preparation*

1. Preparation of 100 g Calcium lactate Gluconate (CLG) mix:

- CLG: 69.7 g
- $K_2CO_3$ : 14.3 g
- $KC_6H_7O_7$ : 16.0 g

2. Mix all the dry ingredients with the CLG mix.

3. Add the dry mix to the milk.

4. Pasteurize at 85°C for 5 minutes.

5. Cold the pasteurized milk at 40°C.

6. Add the culture to the milk and blend it well.

7. Incubate at 30°C for 24 hours.

8. Stir the yogurt and store at 4°C.



These recipes illustrate a process which is believed to be satisfactory for general use. Each recipe is offered for your consideration and authorization. For consulting- please advice Food Applications: Tel +972-46375021 or by email: [mamanj@galam.co.il](mailto:mamanj@galam.co.il)

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