



Food & Nutrition

Athletiq Plant ChocoBar

A rich chocolate vegan protein bar packed with 25g of plant-based protein from eco-friendly Tendra® Fava Bean Protein Isolate, plus Frutalose® L90 chicory root fiber for gut health and satiety—all with low net carbs, sugar-free chocolate chips, and indulgent cocoa flavor.

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	Ingredients	Standardized Nomenclature	Suppliers	Amount (g)
A	Tendra® Fava Bean Protein Isolate	Fava Bean Protein Isolate	Sensus	240.00
	Sucralose	Sucralose	---	0.50
	Stevia Leaf 90% RD	Stevia Leaf 90% RD	Layn Corp Stevia	0.25
	Dark Chocolate No-Sugar Chips	Chocolate Liquor, Inulin, Erythritol, Vanilla Ext, Stevia Leaf Ext.	---	30.00
B	Swerve® Brown Zero Calorie	Erythritol, Allulose, Vegetable Glycerin, Fruit Juice Concentrate	---	45.00
	690 Alkalized Cocoa Powder	Cocoa powder	Carlyle Cocoas	5.00
	Sea Salt	Sea Salt	---	3.00
	Baking Soda	Baking Soda	---	2.00
	Natural Chocolate Flavor	Natural Chocolate Flavor	Carmi® Flavors	15.00
C	Vegetable Shortening	Vegetable Shortening	---	55.00
	Canola Oil	Canola Oil	---	17.00
	Sunflower Lecithin	Sunflower Lecithin	---	2.00
D	Fructose® L90	Chicory Root Inulin	Sensus	65.00
	Vegetable Glycerin	Vegetable Glycerin	---	5.00
	Vanilla Extract	Vanilla Extract	---	3.00
	2% Xanthan Gum soln.	Xanthan Gum	---	135.00

Mixing instructions for 500g batch:

- A. Combine Tendra®, sucralose, Stevia 90% RD, and Dark Chocolate No-Sugar Chips, and blend thoroughly.
- B. Combine Swerve® Brown Zero Calorie, 690 Alkalized Cocoa Powder, sea salt, baking soda, and natural chocolate powder, and blend thoroughly.
- C. Combine vegetable shortening, canola oil, and sunflower lecithin, and warm until liquefied.
- D. Combine Fructose® L90, vegetable glycerin, vanilla extract, and 2% xanthan gum solution, and mix thoroughly.
- E. Mix D into C. When the mixture is smooth, mix B into the DC blend and continue mixing until smooth. Once smooth, mix the BDC mixture into A using a KitchenAid with the paddle attachment. Mix until spongy, adding water if necessary.

Preheat oven to 350° F. Mold into desired 67g shape. Bake for 13-14 minutes. Water loss varies between 7 & 10%.

Nutrition Facts	
1 servings per container	
Serving size	1 Bar (60g)
Amount Per Serving	
Calories	210
% Daily Value*	
Total Fat 5g	6%
Saturated Fat 5g	25%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 10g	4%
Dietary Fiber 7g	25%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Sugar Alcohol 5g	
Protein 25g	50%
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	



Omya Specialty Materials Inc.,
5150 E. Pacific Coast Hwy. Suite 600, Long Beach, CA 90804
(877) 457-7266 | PersonalCareUS@omya.com | omyapersonalcare.us

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