





### **Did you know...**

**Nutri Sperse powdered lipids can be a staple ingredient in your daily recipes?**

Something as simple as adding a few tablespoons to your oatmeal or flavored water everyday could change the way your body metabolizes fats and increase your energy level!

Nutri Sperse powders are derived from premium, non-hydrogenated oil sources such as high oleic sunflower oil, coconut and palm kernel oils, and canola oil. These premium sources ensure stability and function while eliminating trans-fat, keeping your heart and body healthy!

Nutri Sperse powders dissolve well in hot or cold liquids and provide a creamy texture, versus liquid oils, for use in dry mixes and even topical applications. You may be surprised at how easily Nutri Sperse can be incorporated into your daily diet – ready for some suggestions?

**Let's get cooking!**

<b>%</b>	<b>Ingredients</b>
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38.46	Apple Juice
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25.64	Blueberries, Frozen
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16.41	Ice
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13.85	Banana, Fresh
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2.05	Instant Whey Protein Concentrate
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2.05	Nutri Sperse HOS 73 Powder
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1.54	Stabililzer
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100.00	Total
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Puree in a blender until well combined.



# Blueberry Smoothie

# Breakfast Parfait



<b>Ingredients</b>	<b>Amount</b>
Strawberries	1/4 cup
Blueberries	1/4 cup
Fat-free yogurt	1/2 cup
Granola	2 Tbsp
Honey	1/2 tsp
Nutri Sperse MCT 70	10 g

Mix Nutri Sperse MCT 70 into the yogurt. Spoon the ingredients in layers into a clear cup or parfait bowl.

<b>Amount</b>	<b>Ingredients</b>
1/4 cup	Oats
1/4 cup	Blueberries
3/4 cup	Apple juice
1/4 cup	Banana
10 g	Nutri Sperse MCT 50

Mix quick oats, apple juice, and Nutri Sperse MCT 50 in a microwave safe bowl. Microwave on high for 2 1/2 - 3 minutes. Add blueberries and banana. Stir well.



# Oatmeal

# Waterbottle Mixers

<b>Ingredients</b>	<b>Amount</b>
Drink mix (Kool-Aid®, etc.)	1/8 tsp
Sugar	1 Tbsp
Cold water	1/2 cup
Nutri Sperse MCT CA	10 g

Mix together Nutri Sperse MCT CA, sugar and drink mix. Place in a plastic sandwich baggie. Add mixture to 1 cup water and shake well!



<b>Amount</b>	<b>Ingredients</b>
1/2 cup	Strawberries, frozen
1/8 cup	Limeade concentrate
1/2 cup	Cold water
10 g	Nutri Sperse MCT CA

Try using frozen strawberries for a slushier drink!  
Blend until Nutri Sperse MCT CA  
has dissolved.



# Strawberry Limeade

# Pizza Pockets

<b>Ingredients</b>	<b>Amount</b>
Wonton wrappers	4
Fat free pizza sauce	1 Tbsp
Green onion, sliced	1/2 stalk
Fat free mozzarella cheese	1 Tbsp
Canned mushrooms, sliced	2 tsp
Egg white	1 Tbsp
Nutri Sperse MCT 70	10 g

Blend pizza sauce, Nutri Sperse MCT 70, green onion, cheese, and mushrooms. Drop by spoonfuls onto center of wonton wrappers. Fold wrappers in half, seal well. Brush tops with egg whites, poke a small hole on top. Place on a nonstick cookie sheet. Bake at 350° for 15 minutes.





# Potato Nuggets

<b>Amount</b>	<b>Ingredients</b>
4 Tbsp	Fat free instant mashed potatoes
1 Tbsp	Green onion, chopped
4 Tbsp	Fat free cheddar
pinch	Salt and pepper
1 /4 tsp	Taco seasoning
1 /4 tsp	Ranch seasoning
7 Tbsp	Water
1 Tbsp	Egg whites
1 /4 cup	Corn flakes®, crushed
20 g	Nutri Sperse MCT 50

Mix mashed potatoes with Nutri Sperse MCT 50, green onions, cheddar, salt, pepper, taco and ranch seasonings, water, and egg whites. Divide into 1" balls. Roll each ball in corn flakes. Place on a greased cookie sheet. Bake at 350° F for 20 minutes.



# Granola Bars



<b>Ingredients</b>	<b>Amount</b>
Rolled oats	2/3 cup
Honey	4 tsp
Packed brown sugar	2 Tbsp
Cinnamon	1/8 tsp
Flour	2 Tbsp & 2 tsp
Raisins	2 Tbsp
Nutri Sperse MCT 50	40 g
Salt	1/8 tsp
Egg whites	1 Tbsp
Applesauce	1 Tbsp
Vanilla	1/4 tsp

1. Mix together oats and honey.
2. Spread out on a non-stick baking sheet and cook at 350° F for 9 minutes stirring half way through.
3. Remove from oven and allow to cool for 15 minutes.
4. In a large bowl, mix together the oats, brown sugar, cinnamon, flour, raisins, Nutri Spense MCT 50, and salt.
5. Make a well in the center, and pour in the egg whites, applesauce and vanilla. For chewier bars, add 2 extra tablespoons of applesauce.
6. Mix well using your hands. Pat the mixture evenly into a cookie sheet sprayed with cooking spray. Try using fun molds or muffin tins to make shaped granola bars!
7. Bake at 325° F for 20 minutes, until the bars begin to turn golden at the edges.



# Chunky Chocolate Cookies

<b>Ingredients</b>	<b>%</b>
Nutri Sperse MCT 70	22.00
Inulin	3.54
Erythritol	8.00
Whole egg	11.00
Water	1.34
Vanilla extract	0.28
Glycerin 96%	0.60
Brown sugar flavor	0.07
Flour	18.52
Salt	0.31
Baking soda	0.31
Milk chocolate flavored sugar-free chunks	24.86
Chopped walnuts	9.10
Total	100.00



1. Blend Nutri Sperse MCT 70, inulin, and erythritol together in a mixing bowl on medium speed for 2 minutes.
2. Add egg, water, vanilla extract, glycerin, and brown sugar flavor to the mixing bowl and blend on medium speed for 2 minutes.
3. Add flour, salt, and baking soda to the mixing bowl and blend on low speed for 2 minutes.
4. Add milk chocolate flavored sugar-free chunks and chopped walnuts and mix in by hand with a wooden spoon until well blended.
5. Shape dough balls into balls and press down to flatten.
6. Place 2 inches apart on an ingreased cookie sheet. Bake at 350°F for 10 minutes or until bottoms are lightly browned. Transfer cookies to a wire rack and let cool.



# Coffee Creamer



## Powdered Formulation

<b>Ingredients</b>	<b>Amount</b>
Corn syrup solids	43.76%
NUTRI SPERSE HOS 73	32.82%
Sodium caseinate, granular	21.88%
Dipotassium phosphate	0.55%
Mono & diglycerides	0.44%
Cream flavor	0.33%
Annatto color	0.22%

## Liquid Formulation

<b>Ingredients</b>	<b>Amount</b>
Water	83.11%
Coconut oil	9.82%
Sugar	3.24%
Sodium caseinate	1.94%
NUTRI SPERSE HOS 73	0.86%
Dipotassium phosphate	0.49%
Natural vanilla cream flavor, liquid	0.32%
Natural color as desired (e.g. beta carotene)	0.22%

<b>Amount</b>	<b>Ingredients</b>
39.26%	Milk protein 85 (concentrate)
18.91%	Fructose
18.17%	Whey concentrate
7.57%	Cocoa powder
5.37%	Oat bran
2.87%	Guar gum
2.86%	Water
2.04%	NUTRI SPERSE HOS 73
1.95%	NUTRI SPERSE MCT 70
0.94%	Vanilla flavor
0.06%	Barley malt flour



**Meal Replacement**

# Protein Shake



<b>Ingredients</b>	<b>Amount</b>
Water	85.50%
Calcium caseinate	3.29%
Milk protein isolate (85% protein)	2.43%
Canola oil	2.29%
CAPTEX 300	2.00%
Cocoa powder	0.86%
Maltodextrin	0.83%
Fructose	0.79%
CAPUMUL 471	.50%
Chocolate flavor	0.29%
Potassium citrate	0.27%
Whey powder	0.26%
Gum arabic	0.24%
Salt	0.16%



## Powdered Formulation

Amount	Ingredients
68.27%	CAPTEX 70
20.41%	Citric acid
10.61%	Powdered natural strawberry flavor
9.05%	High-intensity sweetener (e.g. monk fruit extract)
2.66%	Organic beet powder

## Liquid Formulation

Amount	Ingredients
95.64%	Water
3.93%	CAPTEX 70
0.20%	Phosphoric acid 30%
0.15%	Natural strawberry flavor
0.04%	Potassium sorbate
0.04%	Sucralose (or other high-intensity sweetener system)
0.01%	FD&C Red #40 solution



Water

# Product Listing

Name	Oil type	% Oil	Shelf life
Nutri Sperse CAN 70	canola	70	9 months
Nutri Sperse IP HOS 70 ND	high oleic sunflower	70	18 months
Nutri Sperse HOS 73	high oleic sunflower	70	18 months
Nutri Sperse HOSO M	high oleic sunflower	48	18 months
Nutri Sperse A 5100	high oleic sunflower	45	18 months
Nutri Sperse MCT CA	medium chain triglyceride	25	18 months
Nutri Sperse MCT 50	medium chain triglyceride	50	18 months
Captex 70	medium chain triglyceride	70	18 months

- Nutri Sperse CAN 70 provides a clean flavor with a slight but pleasant dairy note, excellent for use in your favorite nutritional drink.
- Nutri Sperse HOS 70 ND is a more versatile option often used in meal replacements or even energy bars.
- Nutri Sperse HOS 73 provides the nutritional benefits of high oleic sunflower oil and a desired flavor of sweet cream buttermilk.
- Nutri Sperse HOSO M is made with non-hydrogenated sunflower oil and is designed for use in nutritional food applications.



meal replacement systems  
 nutritional beverages  
 bakery applications  
 clinical nutrition  
 sports drinks  
 energy bars  
 dry mixes  
 sauces

Base	Non GMO	Applications							
non-fat dried milk			•				•		
non-dairy	•	•	•		•	•	•		
buttermilk	•				•			•	•
non-dairy		•	•		•	•	•		
dairy		•	•		•	•	•	•	•
non-dairy	•	•	•		•	•	•		
non-dairy	•	•	•		•	•	•		
non-fat dried milk	•	•	•		•	•	•		

- Nutri Sperse A 5100 provides a clean flavor and is high protein, high fiber supplement base for use in nutritional products.
- Nutri Sperse MCT CA is an excellent clouding agent for use in beverages.
- Nutri Sperse MCT 50 provides a high MCT load for use when a non-dairy application is needed.
- Nutri Sperse MCT 70 is a spray-dried blend of ingredients to provide a convenient powder form of medium chain triglycerides. This product is designed for use in nutritional products and for nutritional beverage bases.



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# POWDERED LIPIDS

**Nutri Sperse CAN 70**  
**Nutri Sperse IP HOS 70 ND**  
**Nutri Sperse HOS 73**  
**Nutri Sperse HOSO M**  
**Nutri Sperse A 5100**  
**Nutri Sperse MCT CA**  
**Nutri Sperse MCT 50**  
**Nutri Sperse MCT 70**

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