

NUTRI SPERSE® Powdered Lipids



RECIPES



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!

| % | Ingredients |
|----------|----------------------------------|
| 38.46 | Apple Juice |
| 25.64 | Blueberries, Frozen |
| 16.41 | Ice |
| 13.85 | Banana, Fresh |
| 2.05 | Instant Whey Protein Concentrate |
| 2.05 | NUTRI SPERSE® HOS 73 |
| 1.54 | Stabilizer |
| 100.00 | Total |

Puree in a blender until well combined.



Blueberry Smoothie

Breakfast Parfait



| Ingredients | Amount |
|-----------------------------|---------------|
| 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.

| Amount | Ingredients |
|---------------|----------------------|
| 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

| Ingredients | Amount |
|-----------------------------|---------------|
| 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!



| Amount | Ingredients |
|---------------|----------------------|
| 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

| Ingredients | Amount |
|-----------------------------|---------------|
| 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.



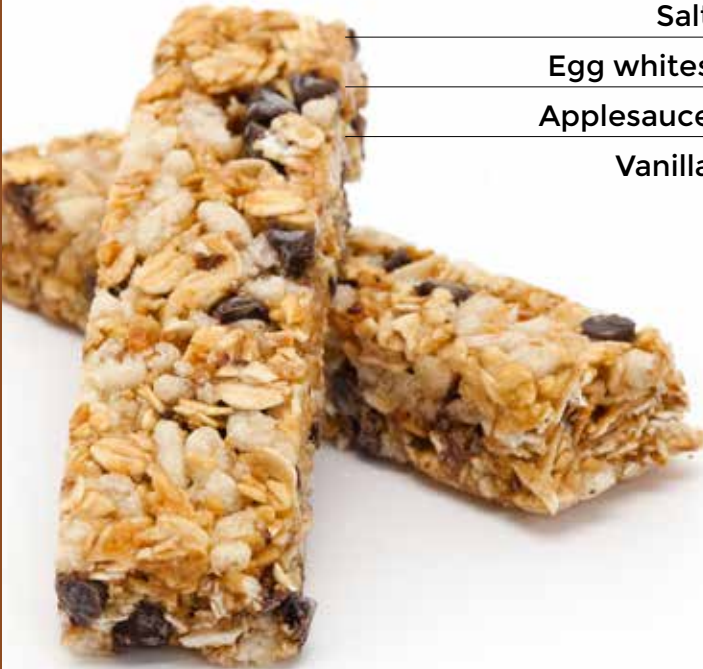
Potato Nuggets

| Amount | Ingredients |
|---------------|----------------------------------|
| 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



| Ingredients | Amount |
|----------------------|----------------|
| 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 SPERSE® 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

| Ingredients | % |
|---|----------|
| 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 greased 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

| Ingredients | % |
|----------------------------|----------|
| 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

| Ingredients | % |
|---|----------|
| 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 |

% Ingredients

| | |
|-------|-------------------------------|
| 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 C8 |
| 0.94 | Vanilla flavor |
| 0.06 | Barley malt flour |



Meal Replacement

Flavored Energy Water

Powdered Formulation

| Ingredients | % |
|---|----------|
| NUTRI SPERSE® MCT C8 | 68.27 |
| Citric acid | 20.41 |
| Powdered natural strawberry flavor | 10.61 |
| High-intensity sweetener (e.g. monk fruit extract) | 9.05 |
| Organic beet powder | 2.66 |



Liquid Formulation

| % | Ingredients |
|----------|--|
| 95.64 | Water |
| 3.93 | NUTRI SPERSE® MCT C8 |
| 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 |



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 | 12 months |
| NUTRI SPERSE HOS 73 | high oleic sunflower | 73 | 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 | 24 months |
| NUTRI SPERSE MCT 50 | medium chain triglyceride | 50 | 18 months |
| NUTRI SPERSE MCT 70 | medium chain triglyceride | 70 | 18 months |
| NUTRI SPERSE MCT C8 | 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 | • | • | • | | • | • | • | | |
| 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 and MCT C8 are 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
NUTRI SPERSE MCT C8

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