GUIDELINE RECIPE

32% FAT REDUCED CHOCOLATE PUDDING

with SenseFi®

- **SenseFi® is an oat fibre that acts as a fat replacer. It contributes to texture, body, creaminess and mouthfeel**

Maintaining the indulgent nature of desserts for fat and calorie reduction continues to be a key market trend which is being further targeted by the FSA and FSAI through guidelines such as the HFSS and general fat reduction targets. By using SenseFi®, the nutritional profile of chocolate pudding can be improved without compromising the indulgent mouthfeel and overall flavour. A further calorie and sugar reduction can be achieved by the addition of Healy's Sweet Blend helps to reduce the sugars further.

Recipe	Control	Reduced Fat
Ingredients / Raw Materials	%	%
Dark Chocolate	43.48	43.48
Double Cream	32.61	17.39
Butter	9.78	4.89
Whole Milk	10.87	
Skimmed Milk		10.87
Water		19.30
SenseFi®		0.80
White Sugar	3.26	
*HG Sweet Blend 1 ** *		3.26
TOTAL	100.00	100.00

Processing Steps:

1. Warm through the double cream and sugar
2. High shear the SenseFi® into the water
3. Combine the cream, sugar and SenseFi® into cooking vessel
4. Break the chocolate and butter into cubes and stir them in the heated cream and sugar
5. Mix until thoroughly incorporated
6. Decant and allow to set overnight

Benefits and Characteristics:

SenseFi® is a clean label oat fibre. When high sheared, SenseFi binds water. SenseFi acts as a fat mimetic due to the impact it has on mouthfeel and adding texture to products. It has a neutral taste so can be incorporated into a wide range of applications.

Application Photo:



Email: info@healy-group.com

This recipe is for development use only. Due to difference in materials and processing, we recommend testing in your own setting following consultation with our team.

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Jan 2025

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HEALY GROUP

Indicative Ingredient Declaration:

Ingredient Declaration – Control:

Chocolate 43% (Cocoa Mass, Sugar, Lactose (**Milk**), Emulsifier (**Soya** Lecithins), Vanilla Extract, Cocoa Solids 50% minimum), Double Cream (**Milk**), Whole **Milk**, Butter (**Milk**), Sugar

Ingredient Declaration – Fat Reduced:

Chocolate 43% (Cocoa Mass, Sugar, Lactose (**Milk**), Emulsifier (**Soya** Lecithins), Vanilla Extract, Cocoa Solids 50% minimum), Double Cream (**Milk**), Skimmed **Milk**, Butter (**Milk**), Isomalt, Maltitol, Xylitol, Oat Fibre

*Allergens in **bold**

Nutrition:

Nutritional Data: /100g (Calculated)	Control	Reduced Fat
Energy kJ	1,936	1,458
Energy k Cal	467	351
Fat	36.6	24.6
Of which saturates	23.0	15.4
Carbohydrates	28.7	28.4
Of which Sugar	25.6	22.1
Fibre	2.8	3.5
Protein	4.2	4.0
Sodium	0.018	0.028
Equivalent as Salt	0.046	0.072
UK HFSS Score	18	15



Notes:

*** Also from The Healy Group:*

Sweet Blend 1 – a combination of Isomalt, Maltitol, Xylitol used to create a rounded sweetness and alternative to white sugar.

*** White sugar can be used in both recipes but without the additional sugar reduction achievement*

Enquire with our team for more details.

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