GUIDELINE RECIPE

REDUCED FAT (45%) MAYONNAISE FOR COLESLAW – GUM REPLACEMENT

with PromOat® from Lantmännen

- **PromOat® is a clean label oat fibre/oat beta glucan that can be used to replace gums such as xanthan and guar in making mayonnaises and dressings**
- **This give a short, creamy texture that is robust to shear and gives excellent coating properties.**

Discourse surrounding *Ultra Processed Foods* has reignited interest in natural ingredients which give consumers more confidence in their products. The replacement of xanthan and guar gums has become a trending focus area. In this mayonnaise, PromOat® is used to replace xanthan and guar gums to ensure that it is stabilised to give a thick, creamy texture. It can then be used in applications such as coleslaw.

Recipe	Gums	PromOat
Ingredients / Raw Materials	%	%
Water	37.90	36.50
Vegetable Oil	45.00	45.00
Egg Yolk	6.00	6.00
Spirit Vinegar 12%	4.00	4.00
White Sugar	2.50	2.50
Lemon Juice	2.00	2.00
Dijon Mustard	1.00	1.00
*Saltwell® ***	0.50	0.50
*4308 X-TRA Guard™ S GF***	0.50	0.50
Guar Gum	0.30	
Xanthan Gum	0.30	
PromOat® Beta Glucan - GF		2.00
TOTAL	100.00	100.00

Processing Steps:

1. Premix the PromOat® into a small portion of the oil
2. Add the water to the vessel
3. Add the dry powders into the water and stir to disperse/wet out
4. With high shear on introduce the oil suspended PromOat®
5. Continue to add the rest of the oil
6. When 3/4 oil has been added, add the vinegars, mustard, lemon juice
7. Continue to add the rest of the oil
8. When all in shear to ensure fully mixed then decant into the container

Benefits and Characteristics:

PromOat® from Lantmännen is a high-concentration oat fibre extracted from Swedish wholegrain oats. In addition to thickening and stabilising, it can be used to support cholesterol and blood glucose levels

PromOat® thickens with stirring and shear to give a thick and creamy mouthfeel. It can therefore be used to replace gums in certain circumstances.

Application Photo:



Control PromOat®

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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HEALY GROUP

Indicative Ingredient Declaration:

Ingredient Declaration - Coleslaw Style - Gums:

Vegetable Oil, Water, **Egg** Yolk, Spirit Vinegar, Sugar, Lemon Juice, Dijon **Mustard**, Sea Salt or Salt, Rowan Berry Extract, Stabilisers (Guar Gum (E412), Xanthan Gum (E415))

Ingredient Declaration - Coleslaw Style – PromOat:

Vegetable Oil, Water, **Egg** Yolk, Spirit Vinegar, Sugar, Lemon Juice, Oat Fibre or Oat Beta Glucan, Dijon **Mustard**, Sea Salt or Salt, Rowan Berry Extract

*Allergens in **bold**

Nutrition:

Nutritional Data: /100g (Calculated)	Gums	PromOat®
Energy kJ	1,815	1,837
Energy k Cal	441	446
Fat	46.9	47.1
Of which saturates	3.5	3.5
Carbohydrates	3.3	3.8
Of which Sugar	2.6	2.6
Fibre	0.4	0.8
Protein	1.1	1.1
Sodium	0.132	0.133
Equivalent as Salt	0.340	0.340
UK HFSS Score	9	9



Notes:

** Also from Healy Group:*
Saltwell® – naturally reduced sodium sea salt – Salt or Sea Salt
X-Tra Guard™ – natural shelf-life extender – Rowan Berry Extract

Enquire with our team for more details.

***X-Tra Guard™ is an extract of rowan berries that is naturally high in organic acids. As a result, care should be taken when determining the right level in the recipe by fully assessing the dosage. The levels in this recipe are a suggested starting point (recommended dosage from 2500 ppm to 5000 ppm on total recipe) for initial guidance only and manufacturers should satisfy themselves in their own developments to achieve the desired effects.*

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