

Reduced Calorie, Fat Free Fudge Brownies

CNF-11

Benefits of Novagel® BK 2132 Cellulose Gel

- Allows for elimination of fat
- Allows for 33% reduction in calories
- Provides a soft, short product which clears the palate well
- Novagel® BK 2132 cellulose gel has no flavor and thus allows for a clean chocolate flavor profile

Comments

Use of Novagel® BK 2132 cellulose gel allows formulation of a fudge brownie having no fat and 2.94 cal/g versus a full fat and calorie control at 15% fat and 4.43 cal/g. This represents a 33% reduction in calories. Novagel® BK 2132 cellulose gel requires no activation and is easily incorporated with flour during production of brownies.

Formulation

<u>Ingredients</u>	<u>% by Weight</u>
Sugar	36.70
Cake flour	20.40
Corn syrup - 42 DE	11.60
Water	8.10
Cocoa powder, fat free	7.00
Liquid egg whites	5.40
Novagel® BK 2132 cellulose gel*	5.00
Glycerine	4.00
Salt	0.80
Starch**	0.25
Emulsifier***	0.25
Baking powder	0.25
Vanilla flavor	<u>0.25</u>
	100.00%

* FMC BioPolymer

** Polargel® C instant starch, Cerestar Corporation

*** EC25 emulsifier, Van den Bergh Foods Company

Procedure

- Mix sugars, cocoa powder and emulsifier in Hobart® mixer at speed setting #1 for 1-2 minutes.
- Add water, egg whites and corn syrup. Mix for 2-3 minutes at speed #1.
- Add vanilla and glycerine, then mix until a smooth consistency is obtained; scrape sides of bowl.
- Add flour, Novagel® BK 2132 cellulose gel, salt and baking powder and continue to mix at speed #1 for 3-4 minutes, or until the batter has a smooth consistency.
- Pour into baking pan and bake at 178°C (350°F) for 22 - 30 minutes.

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REGULATORY STATUS:

Cellulose gel (microcrystalline cellulose) products manufactured by FMC BioPolymer are generally recognized as safe (GRAS) by experts in accordance with food and drug regulations.

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TECHNICAL SERVICE:

The information contained in this bulletin is intended to be general in nature. Techniques and data pertaining to specific uses for FMC ingredients and new developments will be published periodically in the form of supplemental application bulletins.

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