

# Sugar Reduction Solutions in Bakery



Ulrick&Short

# avanté Product Guide

## Bakery

Product	Declaration	GF?	What does it do?	Where should I use it?	Suggested usage rate
avanté 1	Maize Starch	✓	Use for binding bars and clusters, partial alternative to using fat and sugar syrups	Flapjack, bars, cereals and clusters	Replace 25% sugar with 3 parts avanté : 1 part water
avanté 2	Tapioca Starch	✓	Use for binding bars and clusters, partial alternative to using fat and sugar syrups	Flapjack, bars, cereal and clusters	Replace 25% sugar with 3 parts avanté : 1 part water
avanté 3	Wheat Starch		Board fix for cakes	Cake boards	7 parts avanté 3 : 3 parts water, cooked up into a paste
avanté 9	Tapioca Starch	✓	Gluten free sugar reduction in cakes and muffins	Cakes and muffins	Replace 25% sugar with 7 parts avanté : 3 parts water
avanté 10K	Tapioca Starch	✓	Reduce sugar in sugar paste	Sugar paste	Replace 10% sugar with 9 parts avanté 10K : 1 part water
avanté 10L	Tapioca Starch	✓	Reduce sugar in frostings, fillings and sugar paste. Suitable for white and lighter coloured products	Frostings	Replace 25% sugar with 7.5 parts avanté : 2.5 parts water
				Fillings	Replace 50% sugar with 7.5 parts avanté : 2.5 parts water
				Sugar Paste	Replace 15% sugar with 9.3 parts avanté : 0.7 parts water
avanté 10S	Tapioca Starch	✓	Reduce sugar in frostings, fillings, cookies, cheesecakes and sugar paste	Frostings	Replace 25% sugar with 7.5 parts avanté : 2.5 parts water
				Fillings	Replace 50% sugar with 7.5 parts avanté : 2.5 parts water
				Sugar Paste	Replace 15% sugar with 9.3 parts avanté : 0.7 parts water
				Cheesecakes	Replace 25% sugar with avanté and no additional water
				Cookies	Replace 25% sugar with 9 parts avanté : 1 part water

# avanté Product Guide

## Bakery Continued

Product	Declaration	GF?	What does it do?	Where should I use it?	Suggested usage rate
avanté 87	Wheat Flour		Reduce sugar in muffins, good for allowing flow and peaking during baking	Muffins and brownies	Replace 25% sugar with avanté 87 and no additional water
avanté 222	Wheat Flour		Reduce sugar in cakes	Cakes and cupcakes	Replace 25% sugar with 7 parts avanté : 3 parts water
avanté B	Wheat Flour		Reduce sugar in biscuits	Biscuits and shortbread	Replace 25% sugar with avanté B and no additional water

## Sauces

Product	Declaration	GF?	What does it do?	Where should I use it?	Suggested usage rate
avanté 10S	Tapioca Starch	✓	Reduce sugar in marinades and sauces	Flavour marinades	Replace 5-30% sugar with avanté and no additional water
				Sauces	Replace 5-30% sugar with 1 part avanté : 1 part water

# Ingredients. Clean & Simple.



## Sugar Reduced Vanilla Frosting

### INGREDIENTS

	CONTROL	AVANTÉ
Vegetable fat (Akomarba 101-01SB)	28.3	28.3
Icing sugar	70.0	56.0
Vanilla extract	1.7	1.7
avanté 10L		10.5
Water		3.5

### METHOD

- Hydrate the avanté 10L using the water. It is advisable to pre-mix more than required.
- Add fat into a mixing bowl and mix using a K-blade to plasticise.
- Add the hydrated avanté and mix thoroughly.
- Add the sugar & vanilla extract. Mix until fully dispersed.

### STANDARD NUTRITIONAL

A 20g serving contains

Energy 448kJ 107kcal 5%	Fat 5.7g 8%	Saturates 2.0g 10%	Sugars 14g 15%	Salt 0g 0%
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of an adult's reference intake

Typical values per 100g: 2239kJ/536kcal

### REDUCED SUGAR NUTRITIONAL

A 20g serving contains

Energy 435kJ 104kcal 5%	Fat 5.7g 8%	Saturates 2.0g 10%	Sugars 11g 12%	Salt 0g 0%
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of an adult's reference intake

Typical values per 100g: 2174kJ/520kcal

### FULL INGREDIENT DECLARATION

Sugar, Vegetable Fat (Palm) [**Wheat**],  
Vanilla Extract

### FULL INGREDIENT DECLARATION

Sugar, Vegetable Fat (Palm) [**Wheat**],  
Tapioca Starch, Vanilla Extract

# Ingredients. Clean & Simple.

## Sugar Reduced Lemon Muffins

### INGREDIENTS

	CONTROL	AVANTÉ
Heat treated flour	27.50	27.50
Caster sugar	23.00	16.10
Baking powder (PELL Gemini)	1.49	1.49
Salt	0.10	0.10
Vegetable oil	11.00	11.00
Stork	6.00	6.00
Egg	18.00	18.00
Water	10.00	10.00
Glycerine	1.90	1.90
Lemon extract	1.04	1.04
avanté 87		6.90

### METHOD

- Whip stork, oil & sugar using a balloon whisk for 1 minute on a high speed until pale.
- Add the remaining wet ingredients into a jug.
- Turn the mixer down to speed 4 and slowly add the wet ingredients. Continue to mix for a further 30 seconds.
- Add the remaining premixed dry ingredients into the mixer and mix for 2 minutes on a slow speed (speed 1).
- Scrape down and mix for a further 2 minutes on a high speed (speed 6).
- Scale at 120g per muffin case, and bake at 180°C for 20-25 minutes.

### STANDARD NUTRITIONAL

A 100g serving contains

Energy 1500kJ 360kcal 18%	Fat 18g 25%	Saturates 2.9g 14%	Sugars 23g 26%	Salt 0.82g 14%
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of an adult's reference intake

Typical values per 100g: 1500kJ/360kcal

### REDUCED SUGAR NUTRITIONAL

A 100g serving contains

Energy 1492kJ 358kcal 18%	Fat 18g 25%	Saturates 2.9g 14%	Sugars 17g 19%	Salt 0.82g 14%
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of an adult's reference intake

Typical values per 100g: 1492kJ/358kcal

### FULL INGREDIENT DECLARATION

**Wheat**flour, **Egg**, Sugar, Vegetable Oil, Water, Margarine, Emulsifier: Glycerol E422, Raising Agent: E450, E500, E341, Lemon Extract, Salt

### FULL INGREDIENT DECLARATION

**Wheat**flour, **Egg**, Sugar, Vegetable Oil, Water, **Wheat**flour, Margarine, Emulsifier: Glycerol E422, Raising Agent: E450, E500, E341, Lemon Extract, Salt

# Ingredients. Clean & Simple.

## Sugar Reduced Vanilla Cupcakes

### INGREDIENTS

	CONTROL	AVANTÉ
Plain flour	24.7	24.7
Stork	24.7	24.7
Vanilla extract	0.4	0.4
Egg	24.7	24.7
Caster sugar	24.7	19.7
Baking powder (Dr Oetker)	0.8	0.8
avanté 222		3.5
Water		1.5

### METHOD

- Whip up the fats & sugar until pale and fluffy.
- Weigh egg, vanilla & water into a jug and stream into the mix slowly.
- Add the avanté 222, flour & baking powder to the mix. Gently mixing through.
- Scale at 40g per cupcake. Bake for 20 minutes at 160°C.

### STANDARD NUTRITIONAL

A 100g serving contains

Energy 1631kJ 390kcal 19%	Fat 21g 31%	Saturates 7.3g 36%	Sugars 25g 28%	Salt 0.71g 12%
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of an adult's reference intake

Typical values per 100g: 1631kJ/390kcal

### REDUCED SUGAR NUTRITIONAL

A 100g serving contains

Energy 1602kJ 383kcal 19%	Fat 21g 31%	Saturates 7.3g 36%	Sugars 20g 22%	Salt 0.71g 12%
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of an adult's reference intake

Typical values per 100g: 1602kJ/383kcal

### FULL INGREDIENT DECLARATION

**Wheat**flour (With Added Calcium, Iron, Niacin, Thiamin), Margarine, **Egg**, Sugar, Raising Agents (E450, E500) Maize Starch [**Wheat**], Vanilla Extract

### FULL INGREDIENT DECLARATION

**Wheat**flour (With Added Calcium, Iron, Niacin, Thiamin), Margarine, **Egg**, Sugar, **Wheat** Flour [**Wheat**], Raising Agents (E450, E500) Maize Starch [**Wheat**], Vanilla Extract

# Ingredients. Clean & Simple.

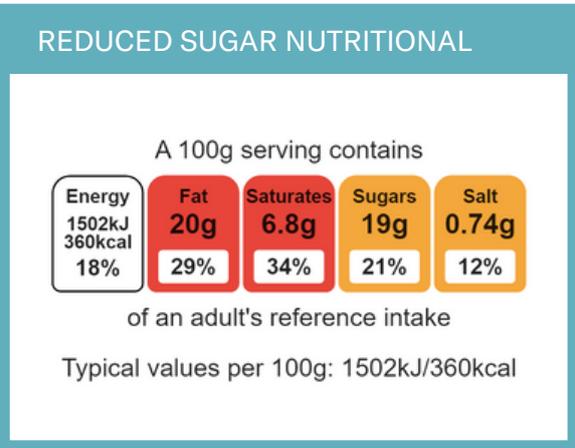
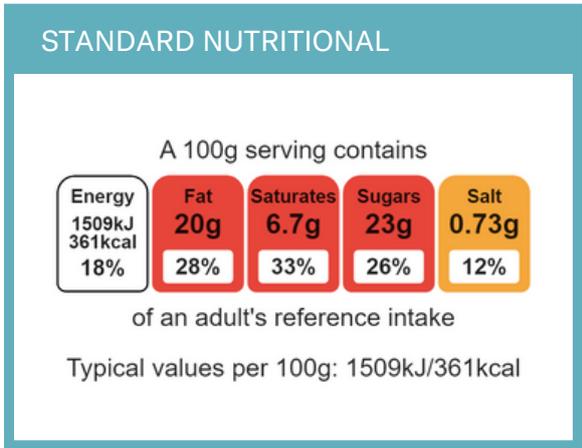


## Sugar Reduced Gluten Free Sponge

**INGREDIENTS**

	CONTROL	AVANTÉ
Stork	22.8	22.8
Caster sugar	22.8	18.2
Doves farm plain flour	11.4	11.4
fazenda Leggero	11.4	11.4
Egg	20.5	20.5
Semi-skimmed milk	9.8	9.8
Baking powder (PELL GF)	0.8	0.8
Vanilla extract avanté 9	0.5	0.5
Water		3.2
		1.4

- METHOD**
- Add all ingredients into a mixing bowl.
  - Mix using a whisk attachment on high speed for 3 minutes.
  - Scale at 300g per 6 inch tin or 65g per cupcake cake. Bake for 180°C for 20-25 minutes for cupcakes, or for cake tin, 30-35 minutes.



**FULL INGREDIENT DECLARATION**

Margarine, Sugar, **Egg**, Doves Farm Self Raising Flour, Tapioca Flour, Chickpea Flour, Bamboo Fibre, Semi-Skimmed **Milk**, Raising Agents (E450, E500) Maize Starch (**Wheat**), Vanilla Extract

**FULL INGREDIENT DECLARATION**

Margarine, **Egg**, Sugar, Doves Farm Self Raising Flour, Tapioca Flour, Chickpea Flour, Bamboo Fibre, Semi-Skimmed **Milk**, Tapioca Starch, Raising Agents (E450, E500) Maize Starch (**Wheat**), Vanilla Extract

# Ingredients. Clean & Simple.

## Sugar Reduced Flapjack

### INGREDIENTS

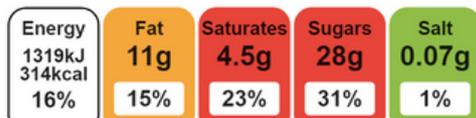
	CONTROL	AVANTÉ
Oats	42.10	42.10
Brown sugar	26.30	17.40
Dextrose	10.50	10.50
Skimmed milk powder	5.30	5.30
Butter	10.30	10.3
Water	5.30	7.52
avanté 1		6.68

### METHOD

- Melt the butter, sugar, avanté 1, dextrose, skimmed milk powder & water into a pan. Melt over a medium heat.
- Add the oats. Mix thoroughly.
- Add to a lined greased 9" x 9" baking tin.
- Spread out and press down.
- Bake at 160°C for 20 minutes. Leave 24 hours before cutting.

### STANDARD NUTRITIONAL

A 75g serving contains

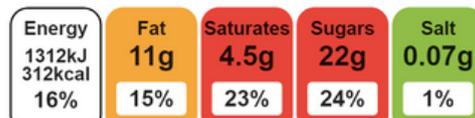


of an adult's reference intake

Typical values per 100g: 1759kJ/419kcal

### REDUCED SUGAR NUTRITIONAL

A 75g serving contains



of an adult's reference intake

Typical values per 100g: 1749kJ/416kcal

### FULL INGREDIENT DECLARATION

Porridge Oats, Brown Sugar, Dextrose, Butter (**Milk**), Dried Skimmed **Milk**, Water, Rapeseed Oil

### FULL INGREDIENT DECLARATION

Porridge Oats, Brown Sugar, Dextrose, Butter (**Milk**), Maize Starch, Dried Skimmed **Milk**, Water, Rapeseed Oil

# Ingredients. Clean & Simple.



## Sugar Reduced Shortbread

### INGREDIENTS

	CONTROL	AVANTÉ
Salted butter	33.1	33.1
Caster sugar	14.6	11.7
Salt	0.2	0.2
Vanilla extract	0.6	0.6
Egg yolk	5.0	5.0
Plain flour	46.6	46.6
avanté B		2.9

### METHOD

- Using a K-blade, cream butter & sugar on a high speed for 4 minutes until pale.
- Add the salt, vanilla extract & egg yolks. Beat on a medium speed for 30 seconds until smooth.
- Add the flour & avanté B. Mix for 45 seconds on a medium speed.
- Wrap in cling film and refrigerate for 30 minutes.
- Roll the dough to 1/4 inch thick and use a 5cm circle cutter to cut circles.
- Bake at 160°C for 12-15 minutes.

### STANDARD NUTRITIONAL

A 100g serving contains

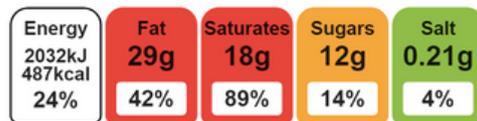


of an adult's reference intake

Typical values per 100g: 2034kJ/488kcal

### REDUCED SUGAR NUTRITIONAL

A 100g serving contains



of an adult's reference intake

Typical values per 100g: 2032kJ/487kcal

### FULL INGREDIENT DECLARATION

**Wheat**flour (With Added Calcium, Iron, Niacin, Thiamin), Butter (**Milk**), Sugar, **Egg** Yolk, Vanilla Extract, Salt

### FULL INGREDIENT DECLARATION

**Wheat**flour (With Added Calcium, Iron, Niacin, Thiamin), Butter (**Milk**), Sugar, **Egg** Yolk, **Wheat** Flour, Vanilla Extract, Salt

To discuss  
your specific  
application  
further, talk  
to **US**

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