SURBEX® NUTRI-FIBER

Abbott

Cooking

Cucur Udang

Ingredients:

- 200g self-raising flour
- 1 cup water
- 1/2 of large green onion, chopped to small pieces
- 1 red chili, thinly sliced
- 3 small chives, cut into 1-inch strips
- 1/2 cup cooked corn kernels
- 80g small fresh shrimps, beheaded
- 1/2 tsp salt
- 2 tsp SURBEX® NUTRI-FIBER
- Cooking oil for deep frying

Method:

1. Mix flour, SURBEX® NUTRI-FIBER, salt and water. Combine until the texture is smooth, which should be thick and not too watery.
2. Throw in the chopped onions, sliced chili, corns, and prawns. Mix together.
3. Heat a large skillet with cooking oil. After the oil is adequately heated, scoop a spoonful of the mixed flour and drop into the heated oil. Fry the cucur udang until they become golden brown (about 3-5 minutes). Serve immediately.

Baking

Soft and Chewy Chocolate Chips Cookies

Ingredients (For 1.77kg cookies):

- 1 cup granulated sugar
- 1 1/4 packed brown sugar
- 2/3 cup SURBEX® NUTRI-FIBER
- 1 1/2 cups butter or margarine, softened
- 2 tsp vanilla
- 3 eggs
- 4 1/4 cups all-purpose flour
- 2 tsp baking soda
- 1/2 tsp salt
- 2-4 cups semisweet chocolate chips

Method:

1. Heat oven to 375°F
2. Using an electric mixer, beat granulated sugar, brown sugar and butter in a large bowl until light and fluffy.
3. Beat in vanilla and eggs until well blended.
4. Beat in SURBEX® NUTRI-FIBER flour, baking soda and salt. Stir in chocolate chips.
5. On ungreased cookie sheets, drop dough by rounded tablespoons 2 inches apart.
6. Bake for 8 to 10 minutes or until light golden brown.
7. Cool for 1 minute; remove from cookie sheets to cooling racks.

Justification: Soft cookies are generally favored by consumers from all age groups. Traditional soft cookies are high in sugar and fat, which give it a rich taste and aroma. By incorporating Nutriose, we can produce a healthier snack with reduced sugar and enriched fiber to meet the consumers' daily fiber intake.

SURBEX® NUTRI-FIBER is neutral taste and extremely palatable. Add 1 teaspoon of SURBEX® NUTRI-FIBER to help you meet your daily dietary fiber requirement (25-30g).

Dissolves completely in water • Easy Mix • Neutral taste

HIGH FIBER

SURBEX®

Nutri-Fiber

Wheat Dextrin Powder

SURBEX® NUTRI-FIBER

Beverages

Mocha

Ingredients:

- 1 tablespoon instant cocoa mix
- 1/2 teaspoon instant coffee
- 1 tablespoon brown sugar
- 1/4 teaspoon of cinnamon
- 1 cup cold low-fat milk
- 1 rounded teaspoon of SURBEX® NUTRI-FIBER

Method:

- Stir well and garnish with a dollop of whipped cream.

Mango Lassi

Ingredients:

- 1 large ripe mango, peeled and cut into a few chunks
- 1 rounded teaspoon of SURBEX® NUTRI-FIBER
- 1 cup whole-milk yogurt
- 1 cup crushed ice
- Mint, to garnish

Method:

Put all ingredients into a blender. Blend until smooth and enjoy.

Matcha smoothies

Ingredients:

- 1 rounded teaspoon of SURBEX® NUTRI-FIBER
- 125ml soy milk
- 1/2 avocado
- 15ml honey
- 125g ice cubes
- 5g matcha green tea powder

Method:

Put all ingredients into a blender.
Blend until smooth and enjoy.

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ABBOTT LABORATORIES (M) SDN BHD (163560-X)
No. 22, Jalan Pemaju U1/15, Seksyen U1, Hicom-Glenmarie Industrial Park,
40150 Shah Alam, Selangor D.E., Malaysia. Tel : 03-5566 3388 Fax : 03-5566 3240

For more information, please call
1-800-88-0709
(Mon to Fri, 9.00am to 5.00pm)

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SURBEX® NUTRI-FIBER

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烹饪

香酥炸虾饼

材料：

- 200 克自发面粉
- 1 杯水
- 1/2 个大青葱（切碎）
- 1 粒红辣椒（切丝）
- 3小韭菜（切成1寸条状）
- 1/2 杯熟玉米粒
- 80克小鲜虾（去掉虾头）
- 1/2 茶匙盐
- 2 茶匙Surbex® Nutri-Fiber
- 适量食油（供油炸）

做法：

1. 将面粉、Surbex® Nutri-Fiber、盐和水混合搅拌至幼滑，让混合物黏稠但不过于水状。
2. 加入切碎的青葱、辣椒丝、玉米粒和虾。混合均匀。
3. 烧热大煎锅，放入适量食油，待油热后，舀一勺混合物放入热油中。把虾饼炸至金黄色(约3-5分钟)。趁热食用。

烘焙

巧克力曲奇

材料（制成1.77公斤曲奇）

- 1杯砂糖
- 1 1/4 包红糖
- 2/3 杯 Surbex® Nutri-Fiber
- 1 1/2 杯软化牛油或玛琪琳
- 2 茶匙香草精
- 3 粒鸡蛋
- 4 1/4 杯中筋面粉
- 2 茶匙小苏打粉
- 1/2 茶匙盐
- 2-4 杯半甜巧克力仁

做法：

1. 加热烘炉至375°F
2. 将砂糖、红糖和牛油放进大碗中，用电动搅拌机拌打至蓬松。
3. 加入香草精和鸡蛋，拌匀。
4. 拌入Surbex® Nutri-Fiber、面粉、小苏打粉和盐。拌入巧克力仁。
5. 将一满汤匙的面团放在不涂油的饼干烤盘上，每个饼干的间距相隔2寸。
6. 烘8至10分钟或至浅金黄色。
7. 冷却1分钟，从烤盘取出饼干搁在冷却架上待冷。

说明：一般上，软曲奇深受各年龄层消费者的喜爱。传统的软曲奇含较高的糖分和脂肪，味道也比较浓烈和香。采用Nutriose食谱，可烘焙更健康的小食，其含糖量较低及富含纤维，可助达到日常纤维摄取量。

SURBEX® NUTRI-FIBER 属于中性口味，而且非常可口。只需添加1茶匙的SURBEX® NUTRI-FIBER，就可达到日常膳食纤维建议摄取量(25克)。

完全溶解于水中 · 容易混合 · 天然纯和的口感

SURBEX®
Nutri-Fiber
Wheat Dextrin Powder

SURBEX® NUTRI-FIBER

饮料

摩卡

材料：

- 1 汤匙即冲可可粉
- 1/2 茶匙即冲咖啡
- 1汤匙红糖
- 1/4茶匙肉桂粉
- 1杯冷低脂牛奶
- 1满茶匙的Surbex® Nutri-Fiber

做法：

- 搅拌均匀后用掼奶油拉花点缀。

芒果拉西酸奶

材料：

- 1个熟芒果，去皮并切成数大块
- 1满茶匙的Surbex® Nutri-Fiber
- 1杯全脂优格
- 1杯碎冰
- 薄荷，作点缀

做法：

将所有材料放入搅拌机内。搅拌至幼滑即可享用。

抹茶冰沙

材料：

- 1满茶匙的Surbex® Nutri-Fiber
- 125毫升豆浆
- 1/2粒鳄梨
- 15毫升蜂蜜
- 125克冰块
- 5克抹茶绿茶粉

做法：

将所有材料放入搅拌机内。
搅拌至幼滑即可享用。

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(星期一至五，早上9时至下午5时)

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