

What are the Ingredients in the Recipe for the Cereal Bar?

Detail Introduction :

There are different types of cereal bars, classified in different forms, but they are all similar. The Cereal Bar Production Line is a specialised machine for the production of a wide range of cereal bars. The ingredients used in the process are similar, but by changing the moulds or certain ingredients, different shapes and flavours of cereal bars can be produced. So what are the recipes for the cereal bars?

Cereal bars are generally made from rice, corn, oats and other cereals, with nuts, dried fruit, cream, and other ingredients, and are processed through the Cereal Bar Production Line. They are nutritious, tasty and come in a variety of flavours to meet the needs of consumers, making them a good choice for all ages. Here's a look at the recipe for each of its ingredients.

1. Cereal Ingredients

In the cereal bar formula, cereals occupy a major part, such as oats, rice, corn and other major grains. Some products can also be based on local dietary habits and raw material characteristics, adding wheat, barley, buckwheat and other cereals. These ingredients are mixed and then extruded and puffed to make puffed cereal flakes to be added to the cereal bars.

2. Nut Ingredients

In the cereal bar to add some nuts can improve the taste of the cereal bar, so that the cereal bar is not only sweet and delicious, but also to improve the nutritional value of the product, is the cereal bar in the ingredients. Mainly including peanuts, walnuts, pistachios, cashews, dried cranberries, etc., adding should be less than the amount of grain.

3. Oil and Grease Materials

Fats and oils are added to increase the crispness of the cereal bars and to improve the flavour of the bars, usually cream, butter etc. Some fats and oils rich in unsaturated fatty acids are also added, such as linseed oil. Lecithin is also added to the ingredients as an emulsifier.

4. Binder

Binders are mainly sugar syrups, starch pastes, edible gums, maltodextrins, etc. They are used to bind the cereals, nuts and other raw materials into shape. In order to form a better effect, the proportion of binders and adhesives should be more.



5. Protein Ingredients

Cereal bar ingredients are mainly carbohydrates, the protein content is low, so in order to balance you need to add some protein ingredients, you can add milk protein, soy protein and other fortification to increase the protein content of cereal bars.

6. Preservatives, Antioxidants

Any product has a shelf life. Preservatives or antioxidants are also added to prevent oxidation of oil and fat, to ensure the quality of the product and to extend its shelf life. Commonly used preservatives include benzoic acid, sodium benzoate and potassium sorbate, and commonly used antioxidants include vitamin E and tert-butylhydroquinone, the amount of preservatives and antioxidants added is very small.

7. Other Ingredients

Other ingredients often added to cereal bars are flavours and fragrances, vitamins and mineral fortification and in some cases, confectionery, chocolate and fruit dices. These ingredients are added to the cereal in the form of sandwiches or mixed directly with the ingredients to make cereal bars. This gives the product a better taste and makes it more enjoyable to eat.

Some cereal bar products are coated with chocolate, syrup, honey etc. This gives the bar a better appearance and enhances the flavour of the product. Fortification with vitamins and minerals can be achieved by adding dried fruit, wheat germ and a variety of nuts, or by adding a direct multivitamin and mineral salt fortification in very small amounts.



The above is an introduction to the main ingredients of cereal bars, which will give you some idea of what they are. There are different types of cereal bars, so the recipes may vary and the proportions may be different, but they are all similar, so you can choose your own cereal bars according to your taste preferences.