



CREST



This is from our trial where we perfected the appearance of our mix but found it too dense.

This is from our trial that we did on th 15/8/18. We trialed our powdered mix in the packaging to see which size we needed.

# NZIFST/CREST Challenge 2018

Brawn Timer Team

# Brawn Timer



After a lot of discussion with our team we decided to switch to a brownie.

This year we had the opportunity to create and develop a product for Sensient Technologies. Our brief was to create a baking mix that had a good source of protein. Throughout our trials, we managed to develop our product to be gluten free, reduced in sugar and contain good source of dietary fibre. In the end, after lots of trials and failures, we decided to make the final product a brownie. The texture of the mixture and the way it was presented suited a brownie the best.



This is our last trial that we did on 28/08/18. We got our mentor in to do a taste test of this to make sure that we had a good final product.



**Chocolate Brownie Mix**  
with a Good Source of Protein

Gluten Free, Reduced in Sugar, and a Good source of Dietary Fibre

375g



**What you will need:**  
3 Eggs  
125ml Milk  
60g Melted Butter

Preheat oven to 200°C. Add the Brawn Timer Mix and the wet ingredients to a bowl and mix until consistent.

Pour into a brownie tin and bake at 180°C for about 15 mins.

Few Crumbs: Fudgy  
No Crumbs: Cakey  
Wet Batter: Not Cooked





**BRAWNIE: OUR STORY**

In the market today, we see products all the time that claim to be guilt-free. So we decided to take it a step further. Not only is the Brawn Timer guilt-free, it's protein levels actively help to build muscle after exercise. So feel better than great about treating yourself to a Brawn Timer.

**Nutrition Information**

	Quantity per Serving	Average Quantity per 100g
Energy	951 kJ 226 kcal	253 kJ 60 kcal
Protein	7.7 g	2.1 g
Total Fat	8.6 g	2.3 g
Saturated Fat	1.9 g	0.5 g
Carbohydrate	14.2 g	3.9 g
Sugars	10.3 g	2.8 g

**Ingredients:** Dutch Processed Cocoa Powder (17.34%), Dark Chocolate Chips (15.59%), Sugar, Cocoa Solids (6.0%), Cocoa Mass (Emulsifier: Soy Lecithin), Milk Solids, Stevia (14.29%), Brown Sugar (14.29%), Soy Protein (11.6%), Almond Flour (10.6%), Tapioca Flour (8.8%), Coconut Flour (4.94%), Baking Powder (1.04%), Salt (0.2%), Granulated Soy Lecithin (0.1%), Chocolate Flavour (0.1%), Contains Soy, Almond, and Milk. Wellington Boys High School, 30 Forrest Hill Road, Newmarket, Auckland 1023, New Zealand. Keep at room temperature.




**TEAM:**  
Nick Johnson  
Daniel Gutierrez  
Oli Parsons  
Ben Dalton

Sponsor: Ruth Leary (ADM)  
Mentor: Mitchell Thompson (SENSIENT)  
Teacher: Sharim Mendoza