



# Keto-friendly lifestyle diet solutions

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 **HarvestEdge**<sup>™</sup>  
Gold



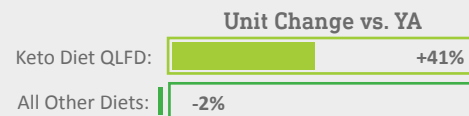
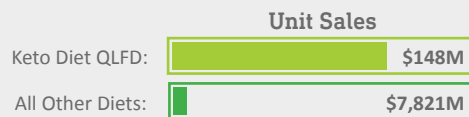
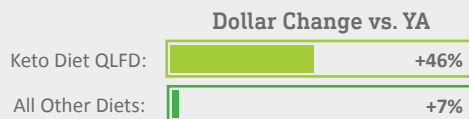
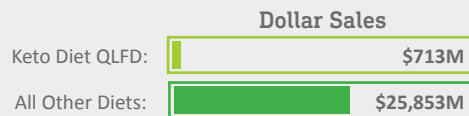
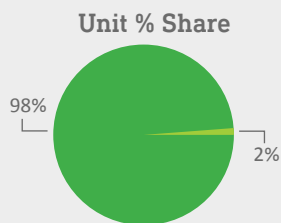
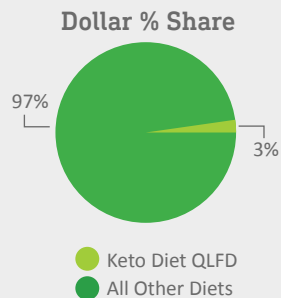
# A new focus on lifestyle diets

Today's consumers are changing their eating approaches with a view toward systemic health benefits. They're increasingly looking at low-carb and keto diets for their perceived benefits beyond just weight loss, such as blood sugar management, improved mental performance, and disease prevention. All these benefits have contributed to the popularity of low-carb and keto diets. As they've gained popularity, low-carb and keto diets have influenced consumers to be more aware of their sugar intake and to monitor their gut health.



## Keto-friendly diets are growing fast

Keto-friendly products have never been more popular, presenting growth opportunities for your business.<sup>1</sup>



### Contact us for a free sample and consultation

ADM has the formulas, technical applications, and processing instructions you need to get your keto-friendly products to market fast. Contact us today to request a free sample of HarvestEdge® Gold Keto-Friendly Flour Replacer and a technical consultation from our ingredient experts.

[milling@adm.com](mailto:milling@adm.com) or (800) 422-1688

<sup>1</sup> All figures provided by Nielsen US Scan Data for Fiscal Year 2023





## The rise of low-carb diets

In 2023, about 20% of consumers said they tried a version of a low-carb diet (low-carb, keto, or paleo), which is larger than the percentage who tried vegan diets (4% of consumers) and WeightWatchers (6%) combined.<sup>2</sup> The percentage of dieters who've tried keto has held steady since 2021, showing this diet is here to stay.

### Percentage of U.S. consumers in 2022 who:



<sup>2</sup> Source: HW2023, The Hartman Group



## THE SOLUTION:

# HarvestEdge® Gold Keto-Friendly Flour Replacer

**Versatile? Check. Easy to use? Check.  
Keto friendly? Check.**

Adapting your baked goods to address keto and other popular lifestyle eating trends is easy with ADM's HarvestEdge® Gold Keto-Friendly Flour Replacer. Our complete portfolio of wholesome, functional ingredients allows us to take a holistic approach to formulation so we can help you satisfy your consumers' expectations about taste and texture.

## Benefits of HarvestEdge® Gold Keto-Friendly Flour Replacer<sup>3</sup>



Suitable for keto-friendly baked goods and snacks



One-for-one flour replacement with excellent functionality



Backed by extensive testing and our library of applications



<sup>3</sup> All statistics per 100g of HarvestEdge® Gold Keto-Friendly Flour Replacer

## FORMULATION MADE EASY:

# Keto-friendly Pan Bread

This pan bread is made with versatile, easy-to-use HarvestEdge® Gold Keto-Friendly Flour Replacer that has great taste and texture with only 2 grams of net per serving. Follow the technical formulation recipe below to see it in action.

## Nutritional comparison

	Keto-Friendly Pan Bread	Traditional Pan Bread
Net Carbs <sup>4</sup>	2g	14g
Calories	45	70
Dietary Fiber	7g	0g
Protein	5g	2g
Sugar	0g	1g

Serving Size: 1 Slice / 30g

## Formula

	Amount	Weight %
HarvestEdge® Gold Keto-Friendly Flour Replacer	52.1g	52.7
Water	41.7g	42.2
White Granulated Sugar	1.8g	1.8
Instant, Dry Yeast	2.1g	2.1
Salt	0.8g	0.8
Calcium Propionate	0.4g	0.4
<b>TOTAL</b>	<b>98.9g</b>	<b>100.0</b>

<sup>3</sup> All statistics per 100g of HarvestEdge® Gold Keto-Friendly Flour Replacer  
<sup>4</sup> Net carbs are the amount of total carbohydrates, minus the fiber content.





# Keto-friendly pan bread instructions

## Mixing

- Do not knead by hand. Use a commercial mixer for best results
- Bloom yeast in warm water
- Once bloomed, add yeast to other dry ingredients and mix for 1 minute on low followed by 9 additional minutes on medium
- Add salt to mixture and mix for 30 seconds on low followed by 2 minutes on medium

## Baking

- Portion dough into 500g pieces
- Roll 500g pieces into ball shapes and rest for 10 minutes
- Shape dough into loaves
- Place shaped loaves into greased loaf pans
- Proof loaves for 50-60 minutes at 95°F
- Preheat oven to 400°F
- When oven is warm, add 1.0L water in a pan to the bottom rack to generate steam
- Bake for 20 minutes at 400°F

## Storage

- Remove loaves from pans immediately after baking
- Allow loaves to cool completely before slicing



## FORMULATION MADE EASY:

# Keto-friendly soft baked cookie

These soft baked cookies are made with versatile, easy-to-use HarvestEdge® Gold Keto-Friendly Flour Replacer that has great taste and texture with only 6 grams of net carbs per serving. Follow the technical formulation recipe below to see it in action.

## Nutritional comparison

	Keto-Friendly Soft Baked Cookie	Traditional Soft Baked Cookie
Net Carbs <sup>5</sup>	6g	20g
Calories	70	140
Dietary Fiber	6g	1g
Protein	5g	2g
Sugar	0g	12g

Serving Size: 1 cookie (34g)

## Formula

	Amount	Weight %
HarvestEdge® Gold Keto-Friendly Flour Replacer	240.4g	40.7
ADM Soybean Shortening IE	69.1g	11.7
SweetRight® Erythritol	72.1g	12.2
Salt	2.3g	0.4
Sodium Bicarbonate	2.3g	0.4
Double Acting Baking Powder	4.5g	0.8
ADM Natural Vanilla Flavor	2.3g	0.4
Whole Raw Eggs	27.0g	4.6
Water	170.0g	28.8
SweetRight® Stevia Edge	0.5g	0.1
<b>TOTAL</b>	<b>590.5g</b>	<b>100.0</b>

<sup>5</sup> Net carbs are the amount of total carbohydrates, minus the fiber content.





# Keto-friendly soft baked cookie instructions

## Mixing

- Allow ingredients to reach room temperature before mixing
- Add all dry ingredients to mixer then mix until the mixture appears uniform
- Use a Hobart or KitchenAid mixer
- Add eggs and water then mix thoroughly
- Due to high gluten content, do not overmix
- Divide mixture into 34g balls and space them evenly on a baking sheet

## Baking

- Preheat oven to 350°F
- When oven is warm, bake at 350°F for 10-15 minutes
- Cookies are done when their surface is matte and dry and there is light browning on the bottom and edges

*Due to lack of sugar, cookies will not caramelize like traditional soft baked cookie*

## Storage

- Allow cookies to cool completely before storing





# Go keto without compromise

HarvestEdge® Gold Keto-Friendly Flour Replacer makes it easy to create a variety of keto-friendly baked goods and snacks without compromising on taste.



## Product Details

**Name:** Keto-Friendly Flour Replacer

**Product Code:** 161200

**Pack Size:** 44 lb. (20 kg)

**Ingredients:** Modified Wheat Starch, Vital Wheat Gluten, Pea Protein Concentrate, Soluble Corn Fiber, White Whole Wheat Flour, Soybean Oil, Egg White Powder, Baker's Yeast, Citric Acid, Whey Powder, Soy Flour

### Allergen Statement

Contains: Wheat, Egg, Milk, Soy

## Custom Formulation Options Available

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## Nutrition Facts<sup>6</sup>

Serving size (Dry mix)	(100g)
Amount Per Serving	<b>250</b>
	<b>% Daily Value*</b>
<b>Total Fat</b> 6g	<b>8%</b>
Saturated Fat 1g	5%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 240mg	<b>10%</b>
<b>Total Carbohydrate</b> 53g	<b>19%</b>
Dietary Fiber 42g	152%
Total Sugars 1g	
Includes 0g Added Sugars	0%
<b>Protein</b> 32g	
Vitamin D 0mcg	0%
Calcium 30mg	2%
Iron 2.5mg	15%
Potassium 90mg	2%
Riboflavin	15%
Pantothenic Acid	4%
Phosphorus	15%
Magnesium	2%
Zinc	6%
Copper	20%
Manganese	8%
Chloride	2%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

<sup>6</sup> The referenced material described herein is for informational purposes only and is based on United States of America standards and regulations. Nutrient content information is indicative of composition but not intended as definitive or complete. It is not intended for use in determining specific nutrient labeling values in finished products containing these ingredients as the responsibility for determining label information lies with the finished product manufacturer. Each manufacturer is responsible for assuring that the claims and data supporting their label information are consistent with the final product formulation and meet all local legislative and regulatory requirements.