

# RESEARCH FOR HEALTHIER MENUS

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[EUREST Euskadi](#) and the [AZTI-Tecnalia](#) have signed a collaboration agreement for the creation of nutritionally enhanced products to include in their menus, exportable for the entire company nationwide. The objective of this collaboration is to design and reformulate some of the elements that are part of the composition of the menus that are prepared for communities, especially company canteens and nursing homes, to adapt them to their specific dietary, nutritional and sensory requirements.

This mutual collaboration has started with the design of homemade desserts. The first of them, a creamy mousse named “Cremosín”, in which a combination of ingredients has been used to obtain a creamy texture and sweet flavor. This combination also reduces the fat and sugar content, thus achieving a product with an improved nutritional profile. By reducing the critical nutrients, total and saturated fat, and sugars, the dessert also reduces calories.

**There are no comments yet.**