



Product Bulletin

How does NSI's Guar Gum work to improve the texture of Acai and Fruit blended bowls

NSI Guar Gum is a natural, plant-based gum that is used for thickening and texture improvement.

Adding a sprinkle of guar gum to an acai bowl blend can significantly improve its texture and overall eating experience. Here's how:

1. Thickening & Creaminess:

- Guar gum is a powerful natural thickener.
- It helps create a thicker, more substantial base for the acai bowl by binding with the liquid components.
- This results in a smoother, creamier consistency, enhancing the overall enjoyment.

2. Preventing Ice Crystal Formation:

- Guar gum helps to control the formation of large ice crystals in frozen desserts and smoothies.
- By preventing large ice crystals, guar gum ensures a smoother, less grainy texture for your acai bowl, making it more enjoyable to eat.

3. Stabilizing the Blend:

- Guar gum also acts as a stabilizer, preventing the separation of the acai base and other liquid ingredients.
- This ensures a consistent texture throughout the bowl, avoiding the formation of watery layers or separation of components.

4. Improving Mouthfeel:

- The enhanced thickness and creaminess, combined with the reduction in ice crystal formation, contributes to a superior mouthfeel.
- The acai bowl becomes smoother and more satisfying to eat.

In summary: A small amount of guar gum can make a big difference in the texture of your acai bowl, creating a creamier, smoother, and more enjoyable treat.

Recommended Starting Usage:

When using guar gum, it's crucial to use it sparingly as too much can result in a gummy or overly thick consistency. Start with a small amount, like 1/8 teaspoon per cup of liquid, and gradually add more if needed.

Add acai and/or other fruit ingredients to blender with ice. Sprinkle guar gum into blender. Blend to desired consistency.