



# Buttermilk

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A guide to transform your products





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What is buttermilk  
and how it can help  
food manufacturers

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# 1. What is buttermilk and how it can help food manufacturers

## What is it?

Traditional buttermilk is a **dairy by-product of butter making**. It is low in fat and an important protein source.

## How is it obtained?

To make butter, cream (an oil-in-water emulsion) needs to be churned until it becomes a water-in-oil emulsion. During this process the cream separates into a fat phase, butter, and a protein-rich aqueous phase, buttermilk.



## How can it help you?

The main nutritional advantage of buttermilk is that it **includes the healthiest part of dairy fat**: polar lipids, natural emulsifiers found in the membrane of fat globules that help it be stable in milk. This is why buttermilk is the main ingredient of many Quescrem products.

### Functional benefits

- Emulsifying and aeration properties
- Improved blending with other fat or aqueous components
- Can be exposed to heat or cold without losing its structure
- Rich flavour
- Added creaminess

### Improves the nutritional profile of your products

- Protein source
- Low fat content: 0.7%
- Helps reduce cholesterol absorption
- High in minerals

## 2. Buttermilk: the key to reach new consumers

### **Sustainable, healthy and convenient. What new consumers are looking for in a product.**

The food industry needs to adapt to new consumer habits to create innovative products. How can buttermilk help achieve such a target?

### **It helps manufacture sustainable products**

**“80% of consumers believe that a product is innovative if it is more sustainable in its manufacture, production or packaging”**

Source: Observatorio Shopper Experience (OSE)

- It encourages a circular economy because it makes use of a by-product of butter making
- Made with locally sourced raw materials
- 100% natural ingredient

## A great ally for the healthy foods sector

**“47% of consumers are concerned about the impact of their diet on their health and fitness”**

*Study on Spanish food trends 2019.  
Ministry of Agriculture, Fisheries and Food.*

The fitness and health market has experienced a significant growth in the last few years. Consumers are looking for products that match their lifestyle: healthy, active and worried about their figure.

### Benefits of buttermilk that attract the fitness and health consumers

- Only 0.7% fat
- Rich in minerals
- Higher nutritional value than milk
- High in protein
- Helps reduce cholesterol absorption
- High in polar lipids, which help muscle recovery after exercise



A new market niche can be found with the ageing consumer focused on maintaining good health. Those over 60 are active and discerning customers who want to look after themselves.

### Buttermilk properties that can interest the ageing consumer

- Linked with cognitive development and dementia prevention
- Protective properties against liver diseases
- Contributes to the development, activation and regulation of the immune system
- Anti-carcinogenic properties, especially against bowel cancer
- Helps reduce cholesterol absorption



## Perfect to develop high-quality convenience products

**According to Nielsen, the convenience product sector is growing 2.5 times faster than the market as a whole**

- Softer and creamier textures that are easy to work with
- Creams made with it are lighter and more stable
- Helps the combination and emulsion of cream cheese with other aqueous or fatty ingredients (sauces, dips...)
- Healthy ingredient that answers new market demands





# 3. Quescrem and products with buttermilk as your business partners

## Our innovative nature...

**Quescrem** is a company born in 2007 from a research project of the Centre for Dairy Products and Food Technology of the University of Santiago de Compostela.

## ...and our unique manufacturing process

After years of research on an undervalued product like buttermilk, we manufacture all our products in facilities with the latest technology, allowing us to preserve and concentrate all the beneficial properties of buttermilk.

## Make us a strategic partner for the food industry

We offer our manufacturing knowledge and technology to meet the excellence and expertise needed to set you apart in the market.

- A portfolio of unique products of high added value
- Development and testing of bespoke products

# Shall we help you achieve your goals?

Get in touch



*Quescrem*

Pol. Ind. Castro Riberas de Lea p.54-57  
27260 Castro de Rei (Lugo - Spain)  
[www.quescrem.es](http://www.quescrem.es) | [info@quescrem.es](mailto:info@quescrem.es) | Tlf: (+34) 982 310 276