

LYONS
THICK
& EASY®

Level 4 Pureed Cherry Apple Breakfast Bake





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INGREDIENTS

	1 Serving	4 Serving	8 Serving	16 Serving
Applesauce (smooth, no chunks)	6 Tbsp	1½ cups	3 cups	1 ½ quarts
Brown Sugar	1 Tbsp	¼ cup	½ cup	1 cup
Ground Cinnamon	dash	1/8 tsp	¼ tsp	½ tsp
Ground Nutmeg	dash	1/8 tsp	¼ tsp	½ tsp
Lemon Juice	¼ tsp	1 tsp	2 tsp	1 Tbsp + 1 tsp
THICK & EASY® Shape and Serve® Thickener Powder Item: 21170	2 Tbsp	½ cup	1 cup	2 cups
Cherry Pie Filling, pureed	1 Tbsp	¼ cup	½ cup	1 cup
Bran flakes or Corn flakes, plain (no nuts or seeds)	1 Tbsp	¼ cup	½ cup	1 cup
Milk	1 Tbsp	¼ cup	½ cup	1 cup
THICK & EASY® Instant Food and Beverage Thickener Item: 17938	¼ tsp	1 tsp	2 tsp	1 Tbsp + 1 tsp

NUTRITION

Serving Size: 2/3 cup (#6 scoop)
Calories: 160
Total Fat: 5g
Saturated Fat: 4.5g
Trans Fat: 0.5g
Cholesterol: 0mg
Sodium: 80mg
Total Carbs: 37g
Dietary Fiber: 4g
Total Sugars: 19g
Added Sugars: 11g
Protein: 3g
Calcium: 0% DV
Iron: 2% DV
Potassium: 2% DV

DIRECTIONS

1. Combine applesauce, brown sugar, cinnamon, nutmeg, and lemon juice and stir until well blended.
2. Add **Shape and Serve® Thickener Powder** and mix in food processor or with wire whip until thoroughly blended.
3. Pour into custard cups or pan coated with vegetable cooking spray.
4. Randomly portion pureed cherry pie filling on top of applesauce mixture and swirl, making a marbled pattern.
5. Soak cereal in milk until softened and puree until smooth.
6. Add **Instant Food and Beverage Thickener** and blend again until thickener is fully dissolved.
7. Randomly portion pureed cereal on top of applesauce mixture and swirl, making a marbled pattern.
8. Cover tightly with aluminum foil and bake at 350°F. for 30-45 minutes, or until internal temperature reaches 165°F and knife inserted near center comes out clean.
9. Portion 2/3 cup (#6 scoop) per serving.