

LYONS
**THICK
& EASY®**

Thickened Very Berry Shake





Thickened Very Berry Shake

IDDSI LEVELS  



INGREDIENTS

	1 Serving	6 Servings	12 Servings
THICK & EASY® Thickened Dairy Drink - IDDSI Level 2 - Nectar			
Item: 73625	1/2 cup (1/2 – 8 fl. oz carton)	3 cups (3 – 8 fl. oz cartons)	6 cups (6 – 8 fl. oz cartons)
MAGIC CCUP® Dessert Wild Berry (thawed)			
Item: 44180	1 – 4 oz container	6 – 4 oz containers	12 – 4 oz containers
THICK & EASY® Shaped Pureed Frozen - Mixed Berry (thawed)			
Item: 13883	1 portion	6 portions	12 portions

Nutrition calculated using IDDSI Level 2 Nectar varieties of Thickened Dairy Drink

NUTRITION

Serving Size:
about 10 fl. oz.

Calories: 480

Total Fat: 15g

Saturated Fat: 8g

Cholesterol: 15mg

Sodium: 240mg

Total Carb: 73g

Dietary Fiber: 1g

Total Sugars: 60g

Added Sugars: 17g

Protein: 13g

Vitamin D: 6% DV

Calcium: 25% DV

Iron: 15% DV

Potassium: 10% DV

DIRECTIONS

PER SERVING

1. Reserve 1 Tbsp of thawed **THICK & EASY® Shaped Pureed Frozen Mixed Berry** and set side.
2. Combine remaining **THICK & EASY® Shaped Pureed Frozen Mixed Berry** portion and all other ingredients in a blender and mix until smooth; pour into a glass
3. Stir 1 tsp of water into reserved 1 Tbsp of **THICK & EASY® Shaped Pureed Frozen Mixed Berry**. Warm on low heat until smooth and slightly melted.
4. Pour or drizzle melted berries on top of shake.

RECIPE NOTES

1. Milk thickened to appropriate consistency with thickener can be used in place of **THICK & EASY® Thickened Dairy Drink**
2. Honey (Level 3) consistency of **THICK & EASY® Thickened Dairy Drink** can be used in place of Nectar (Level 2).