



Thickened Berry Smoothie

IDDSI Level **2** only

Try our Berry-Flavoured Smoothie recipe, a good source of protein and vitamins. **THICK & EASY® Thickened Dairy Drink** and **MAGIC CUP® Dessert** are blended together to achieve a consistency that safely meets IDDSI Level 2!



NUTRITION

Serving Size:
4 fl oz. Smoothie

Calories: 140

Total Fat: 4.5 g

Saturated Fat: 2.5 g

Trans Fat: 0 g

Cholesterol: 10 mg

Sodium: 105 mg

Total Carbs: 18 g

Dietary Fiber: 0 g

Total Sugars: 15 g

Protein: 5 g

Calcium: 10% DV

Iron: 0% DV

Potassium: 2% DV

Vitamin A: 0% DV

Vitamin C: 0% DV

INGREDIENTS

**THICK & EASY® Thickened Dairy Drink
IDDSI Level 2 (#84112)**

**MAGIC CUP™ Dessert, Wildberry
(#80395) refrigerate/thawed**

2% Milk

**Add Berry flavoured particle free
dessert sauce**

4 Serving

4 oz (118 ml)

1 cup (236 ml)
(1 Tetra Pak)

1 x 4 oz (118 ml)

4 oz (118 ml)

2 tsp (10 ml)

20 Servings

4 oz (118 ml)

5 cups (1,180 ml)
(5 Tetra Paks)

5 x 4 oz (118 ml)

20 oz (590 ml)

3 Tbsp (45 ml)

DIRECTIONS

1. Combine all ingredients in a bowl and blend until smooth.
2. Portion into desired service dishes and serve.
3. For best results refrigerate for 1 - 2 hours before serving.

Serving Suggestions:
Portion and serve chilled as a snack, during mealtimes or a dessert for a special occasion.

IDDSI Level **2**

For best results serve cold/chilled.

Always use the IDDSI Flow Test for drinks to ensure safe drink thickness prior to serving to a client

PRODUCTS Available at all major Distributors in Canada.

Item #	Description	Case Pack
84112	THICK & EASY® Thickened Dairy Drink - IDDSI Level 2	27/8 oz
80395	MAGIC CUP® Frozen Dessert - Wildberry - IDDSI Level 4	48/4 oz



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Try our Berry-Flavoured Smoothie recipe, a good source of protein and vitamins. **THICK & EASY® Thickened Dairy Drink** and **MAGIC CUP® Dessert** are blended together to achieve a consistency that safely IDDSI Level 3!



Celebrate Summertime!

NUTRITION

Serving Size:
4 fl oz. Smoothie

Calories: 160

Total Fat: 5 g

Saturated Fat: 3 g

Trans Fat: 0 g

Cholesterol: 10 mg

Sodium: 120 mg

Total Carbs: 22 g

Dietary Fiber: <1 g

Total Sugars: 17 g

Protein: 6 g

Calcium: 10% DV

Iron: 0% DV

Potassium: 2% DV

Vitamin A: 0% DV

Vitamin C: 0% DV

INGREDIENTS

THICK & EASY® Thickened Dairy Drink
IDDSI Level 2 (#84112)

MAGIC CUP™ Dessert, Wildberry
(#80395) refrigerate/thawed

Add Berry flavoured particle free
dessert sauce

3 Serving

4 oz (118 ml)

1 cup (236 ml)
(1 Tetra Pak)

1 x 4 oz (118 ml)

2 tsp (10 ml)

15 Servings

4 oz (118 ml)

5 cups (1,180 ml)
(5 Tetra Paks)

5 x 4 oz (118 ml)

3 Tbsp (45 ml)

DIRECTIONS

1. Combine all ingredients in a bowl and blend until smooth.
2. Portion into desired service dishes and serve.
3. For best results refrigerate for 1 - 2 hours before serving.

Serving Suggestions:
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IDDSI Level 

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