

Thickened Eggnog Latte

INGREDIENTS

IDDSI LEVEL **2**

2 Serving

6 Servings

T&E® Thickened Coffee packet	1 packet (Level 2)	3 packets (Level 2)
Water	6 fl oz (178 ml)	2-1/4 cups (533 ml)
Eggnog (prepared)	6 fl oz (178 ml)	2-1/4 cups (533 ml)
THICK & EASY® Clear Thickener*	1-1/4 tsp (1.5 scoops or 2.1 g)	3-3/4 tsp (4.5 scoops or 6.3 g)
Vanilla Extract	1/2 tsp (2.5 ml)	1-1/2 tsp (7.5 ml)
Cinnamon, ground powder	sprinkle	sprinkle

*Clear = 1.4 g per scoop

NUTRITION Serving Size: about 6 fl oz (181g) **Calories:** 90 **Total Fat:** 2g **Saturated Fat:** 1g
Cholesterol: 5mg **Sodium:** 90mg **Total Carb:** 14g **Dietary Fiber:** 0g **Sugars:** 12g **Protein:** 3g
Vitamin C: 0% DV **Calcium:** 10% DV **Iron:** 0% DV

INGREDIENTS

IDDSI LEVEL **3**

2 Serving

6 Servings

T&E® Thickened Coffee packet	1 packet (Level 3)	3 packets (Level 3)
Water	6 fl oz (178 ml)	2-1/4 cups (533 ml)
Eggnog (prepared)	6 fl oz (178 ml)	2-1/4 cups (533 ml)
THICK & EASY® Clear Thickener*	2-1/2 tsp (3 scoops or 4.2 g)	7-1/2 tsp (9 scoops or 12.6 g)
Vanilla Extract	1/2 tsp (2.5 ml)	1-1/2 tsp (7.5 ml)
Cinnamon, ground powder	sprinkle	sprinkle

*Clear = 1.4 g per scoop

NUTRITION Serving Size: about 6 fl oz (182g) **Calories:** 90 **Total Fat:** 2g **Saturated Fat:** 1g
Cholesterol: 5mg **Sodium:** 120mg **Total Carb:** 16g **Dietary Fiber:** 0g **Sugars:** 12g **Protein:** 3g
Vitamin C: 0% DV **Calcium:** 10% DV **Iron:** 0% DV

DIRECTIONS

⌚ 5 - 10 MINS

1. Add THICK & EASY® Thickened Coffee packets to mixing container - add hot or cold water at the appropriate amounts. Stir and allow to thicken for 5 minutes. This can be prepared in advance in larger quantities and used as needed over a 24 hour period of time. Conduct IDDSI syringe test to confirm thickness.
2. Add THICK & EASY® Clear thickener to another mixing container. Add eggnog, stir and allow to thicken for 5 minutes. This can be prepared in advance in larger quantities and used as needed over a 24 hour period of time. Conduct IDDSI syringe test to confirm thickness.
3. At time of service, add equal amounts of both thickened liquids to a pot or microwaveable container, add vanilla extract and cinnamon. Heat to serving temperature. Conduct IDDSI syringe test to verify range of thickness as acceptable and if it passes, serve warm.

NOTES: Eggnog thickness may vary by brand - adjust amounts THICK & EASY® Clear thickener used accordingly.



THICK & EASY® Clear Instant Food & Beverage Thickener brings out the clear appearance and clean taste of beverages and foods.

- Meets IDDSI guidelines
- Simple 1-2-3 mixing instructions
- Suitable for a carbohydrate controlled diet
- Consistent viscosity over time
- Suitable in a variety of beverages and at different temperatures
- Multiple packaging formats



Description	Item #	Sysco #	GFS #	Serving Size	Calories	Fat (g)	Sodium (mg)	CHO (g)	Protein (g)
THICK & EASY® CLEAR Instant Food & Beverage Thickener	72456	5471386	1375569	1/1.81kg	5	0	20	1	0
THICK & EASY® CLEAR Instant Food & Beverage Thickener	72448	5471101	1383967	12/127g	5	0	20	1	0
THICK & EASY® CLEAR Instant Food & Beverage Thickener - IDDSI Level 2	72451	2820013	1383968	100/1.4g	5	0	20	1	0
THICK & EASY® CLEAR Instant Food & Beverage Thickener - IDDSI Level 3	72453	2859306	1383969	100/3.2g	10	0	55	2	0

THICK & EASY® Thickened Coffee Powders are full of the great freshly-brewed flavor your patients will love.

- Easily identifiable IDDSI labeling
- Convenient single serve packaging
- Reliable consistency in every serving
- No measuring, eliminates waste
- Expand patient beverage selections
- Easy preparation just add 177ml of water



Available in



IDDSI Level Mildly Thick



IDDSI Level Moderately Thick

Description	Item #	Sysco #	GFS #	Serving Size	Calories	Fat (g)	Sodium (mg)	CHO (g)	Protein (g)
Coffee IDDSI Level 2	81331	9905194		1 packet/177mL	15	0	80	3	0
Coffee IDDSI Level 3	81327	9905193		1 packet/177mL	20	0	100	5	0

BRANDignition
SALES & MARKETING
todd.stevens@brandignition.ca

intogreat
Please contact Lyons Health Labs
sales support at support@intogreat.ca

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LYONS
HEALTH LABS™

LyonsHealthLabs.com
(800) 523-4635
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