

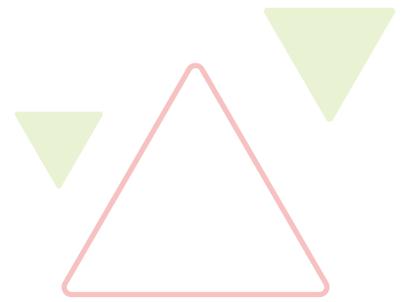


   **LYONS**  
**HEALTH LABS™**

# Holiday Recipes



# Easy-to-Swallow Holiday Recipes



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# Drinks

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# Thickened Caramel Apple Hot Toddy

IDDSI LEVELS **2** OR **3**



## INGREDIENTS

	1 Serving	6 Servings	12 Servings
<b>THICK &amp; EASY® Clear Thickened Apple Juice - Nectar - IDDSI Level 2*</b> Item: 28876	1/2 cup	3 cups	6 cups
Caramel Syrup	1 1/2 Tbsp	1 cup	2 cups
Apple Brandy or Schnapps**	2 Tbsp	3/4 cup	1 1/2 cups
<b>THICK &amp; EASY® Clear Instant Food &amp; Beverage Thickener</b> Item 25544	1/2 scoop	3 scoops	6 scoops
Whipped Cream, for garnish	2 Tbsp	3/4 cup	1 1/2 cup
Caramel Syrup (additional, for garnish)	As desired	As desired	As desired

### RECIPE NOTES:

\*Honey (Level 3) consistency of **THICK & EASY® Thickened Apple Juice** may be used in place of Nectar (Level 2) consistency. Adjust the amount of **THICK & EASY® Clear Instant Food & Beverage Thickener** for Honey (Level 3) consistency.

\*\*For a non-alcoholic version, omit brandy and schnapps.

## NUTRITION

### SERVING SIZE:

5 - 6 FL. OZ

**Calories:** 270

**Total Fat:** 1.5g

**Saturated Fat:** 1g

**Trans Fat:** 0g

**Cholesterol:** <5mg

**Sodium:** 135mg

**Total Carbs:** 48g

**Dietary Fiber:** 0g

**Total Sugars:** 37g

**Protein:** <1g

**Vitamin D:** 0% DV

**Calcium:** 20% DV

**Iron:** 0% DV

**Potassium:** 2% DV

## DIRECTIONS

1. Heat **THICK & EASY® Clear Thickened Apple Juice** until hot. (Do not boil).
2. Stir in caramel syrup.
3. Add **THICK & EASY® Clear Food & Beverage Thickener** to brandy or schnapps and stir vigorously or shake in sealed container until thickener powder is dissolved. (NOTE: Alcohol may take longer to thicken to the appropriate consistency than other beverages. Allow extra time when thickening.)
4. Add thickened alcohol to apple juice and stir.
5. Garnish with whipped topping and a drizzle of caramel syrup, if desired.



# Thickened Pumpkin Spice Latte

IDDSI LEVELS **2** OR **3**



## INGREDIENTS

	1 Serving	6 Servings	12 Servings
<b>THICK &amp; EASY® Thickened Dairy Drink*</b> Item: 41805	1/2 cup	3 cups	6 cups
Pumpkin puree, canned	3 Tbsp	1/3 cup + 1 Tbsp	3/4 cup
Sugar	2 tsp	1/4 cup	1/2 cup
Pumpkin pie spice blend	1/4 tsp	1 1/2 tsp	1 Tbsp
Vanilla extract	1/8 tsp	3/4 tsp	1 1/2 tsp
Extra nutmeg, optional	dash	1/4 tsp	1/2 tsp
<b>THICK &amp; EASY® Thickened Coffee Powder*</b> Item: 81331	1/2 cup	3 cups	6 cups
Whipped topping for garnish	2 Tbsp	3/4 cup	1 1/2 cups
Nutmeg, cinnamon or pumpkin pie spice (for garnish)	As needed	As needed	As needed

\*PREPARE ACCORDING TO INSTRUCTIONS. Use **THICK & EASY® Thickened Coffee Powder, Nectar (Level 2)** and **THICK & EASY® Thickened Dairy Drink, Nectar (Level 2) OR THICK & EASY® Thickened Coffee, Honey (Level 3)** and **THICK & EASY® Thickened Dairy Drink, Honey (Level 3)** to get required consistency.

## NUTRITION

**Serving Size:**  
12 fl oz (~ 1 1/2 cups)

**Calories:** 210

**Total Fat:** 8g

**Saturated Fat:** 5g

**Cholesterol:** 25mg

**Sodium:** 140mg

**Total Carb:** 27g

**Dietary Fiber:** 1g

**Sugars:** 18g

**Added Sugars:** 8g

**Protein:** 5g

**Vitamin D:** 0% DV

**Calcium:** 10% DV

**Iron:** 4% DV

**Potassium:** 6% DV

\*Nutrition calculated using Nectar (Level 2) varieties of milk and coffee

## DIRECTIONS

1. Pour 1/2 cup prepared **THICK & EASY® Thickened Coffee Powder** into a mug.
2. Stir together **THICK & EASY® Thickened Dairy Drink**, pumpkin, sugar, vanilla and pumpkin pie spice. Heat just to boiling, careful not to allow boil over.
3. Add hot milk mixture to thickened coffee in mug and stir well.
4. Garnish with whipped topping and a sprinkle of spice of choice.

## RECIPE NOTES

5. Milk thickened to appropriate consistency with thickener can be used in place of **THICK & EASY® Thickened Dairy Drink**.



# Cranberry Lemon Drop Cocktail

IDDSI LEVELS **2**



## NUTRITION

**Serving Size:** ~6 fl. oz  
**Calories:** 260  
**Total Fat:** 0g  
**Saturated Fat:** 0g  
**Trans Fat:** 0g  
**Cholesterol:** 0mg  
**Sodium:** 45mg  
**Total Carbs:** 30g  
**Dietary Fiber:** 0g  
**Total Sugars:** 23g  
**Added Sugars:** 13g  
**Protein:** 0g  
**Vitamin D:** 0% DV  
**Calcium:** 0% DV  
**Iron:** 0% DV  
**Potassium:** 0% DV

## INGREDIENTS

	1 Serving	6 Servings	12 Servings
Lemon Juice	2 fl oz	12 fl oz	24 fl oz
Vodka*	2 fl oz	12 fl oz	24 fl oz
<b>THICK &amp; EASY® Clear Instant Food &amp; Beverage Thickener</b> Item: 5544	1½ scoops	9 scoops	18 scoops
<b>THICK &amp; EASY® Thickened Cranberry Juice, Nectar (Level 2)</b> item: 9705 or 15813	2 fl oz	12 fl oz	24 fl oz
Sugar	1 Tbsp	1/3 cup + 1 Tbsp	¾ cup
Jellied cranberry sauce, melted	½ Tbsp	3 Tbsp	1/3 cup + 1 Tbsp

\* For non-alcoholic drink, omit vodka and reduce THICK & EASY® Clear Instant Food & Beverage Thickener to ½ scoop per serving prepared.

## DIRECTIONS

- Combine lemon juice and vodka with **THICK & EASY® Clear Instant Food & Beverage Thickener** and stir briskly until thickened.
- Add thickened vodka mixture, sugar and melted jellied cranberry sauce to **THICK & EASY® Thickened Cranberry Juice** and stir briskly to combine ingredients. Chill until ready to serve.
- Pour chilled beverages into glass and serve.

## RECIPE NOTES

- Honey (Level 3) consistency of **THICK & EASY® Clear Drinks** can be used in place of Nectar (Level 2) consistency. Adjust **THICK & EASY® Clear Instant Food & Beverage Thickener** for Honey (Level 3) consistency, as needed.
- The amount of sugar may be adjusted to accommodate flavor preferences for tartness.

\*Nutrition calculated using Nectar (Level 2) consistency of **THICK & EASY® Thickened Cranberry Juice** and **THICK & EASY® Clear Instant Food & Beverage Thickener**



# Custard Eggnog

IDDSI LEVELS **2** OR **3**



## NUTRITION\*

- Serving Size:** ~ 8 fl. oz
- Calories:** 220
- Total Fat:** 5g
- Saturated Fat:** 3.5g
- Trans Fat:** 0g
- Cholesterol:** 20mg
- Sodium:** 230mg
- Total Carbs:** 33g
- Dietary Fiber:** 0g
- Total Sugars:** 22g
- Added Sugars:** 5g
- Protein:** 10g
- Vitamin D:** 0% DV
- Calcium:** 20% DV
- Iron:** 0% DV
- Potassium:** 10% DV

## INGREDIENTS

	1 Serving	6 Servings	12 Servings
<b>VITAL CUISINE® Custard Mix</b>   item: 48167	1 Tbsp	6 Tbsp	3/4 cups
<b>THICK &amp; EASY® Thickened Dairy Drink, Vanilla or Chocolate</b> Nectar (Level 2) room temperature item: 24739 (Vanilla) or 72447 (Chococolate)	8 fl oz (1 cup)	1 1/2 quarts	3 quarts
Nutmeg	1/8 tsp	3/4 tsp	1 1/2 tsp

## DIRECTIONS

1. Pour **THICK & EASY® Thickened Dairy Drink** into a glass (or large pitcher for multiple servings).
2. Add **VITAL CUISINE® Custard Mix** and nutmeg to thickened dairy drink and stir briskly until all powder is dissolved.
3. Cover and chill for 30 minutes.
4. Stir well before serving.
5. Garnish with an additional sprinkle of nutmeg.

## RECIPE NOTES

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

\*Nutrition calculated using Nectar (Level 2) **THICK & EASY® Thickened Dairy Drink**



# Cranberry Cinnamon Whiskey Sour

IDDSI LEVELS **2**



## INGREDIENTS

	1 Serving	6 Servings	12 Servings
<b>THICK &amp; EASY® Thickened Cranberry Juice</b> Nectar (Level 2), chilled   Item: 39705 or 15813	½ cup	3 cups	1½ quarts
<b>THICK &amp; EASY® Thickened Orange Juice</b> Nectar (Level 2), chilled   Item: 42161 or 49144	1Tbsp	¾ cup	1 ½ cups
Jellied Cranberry Sauce	1 Tbsp	1/3 cup + 1 Tbsp	¾ cup
Cinnamon	½ tsp	1 Tbsp	2 Tbsp
Lemon juice	2 Tbsp	¾ cup	1½ cups
Lime juice	½ Tbsp	3 Tbsp	1/3 cup + 1 Tbsp
Bourbon or Whiskey*	1½ oz (about 3 Tbsp)	9 oz (1 cup + 2 Tbsp)	18 oz (2¼ cups)
<b>THICK &amp; EASY® Clear Instant Food &amp; Beverage Thickener</b> Item: 25544	2 scoops	9 scoops	18 scoops
Thickened Ice Cubes** (optional)	As desired	As desired	As desired

\* For non-alcoholic beverage, omit whiskey and reduce amount of **THICK & EASY® Clear Instant Food & Beverage Thickener** used.

## NUTRITION

**Serving Size:** ~8fl oz.  
**Calori es:** 220  
**Total Fat:** 0g  
**Saturated Fat:** 0g  
**Trans Fat:** 0g  
**Cholesterol:** 0mg  
**Sodium:** 60mg  
**Total Carbs:** 32g  
**Dietary Fiber:** <1g  
**Total Sugars:** 20g  
**Added Sugars:** 0g  
**Protein:** 0g  
**Vitamin D:** 0% DV  
**Calcium:** 0% DV  
**Iron:** 0% DV  
**Potassium:** 0% DV

## DIRECTIONS

- Combine the **THICK & EASY® Thickened Cranberry Juice**, Thickened Orange Juice, jellied cranberry sauce, and cinnamon in a blender and mix until smooth.
- Combine the lemon juice, lime juice and whiskey or bourbon in a separate glass.
- Add **THICK & EASY® Clear Instant Food & Beverage Thickener** and stir briskly until well blended. Allow to rest for a few minutes to thicken.
- Add the blended thickened cranberry juice mixture and stir well.
- Pour beverage into a cinnamon rimmed glass and add up to three thickened ice cubes per serving, if desired.

## RECIPE NOTE

Honey (Level 3) consistency of **THICK & EASY® Thickened Juices** can be used in place of Nectar (Level 2) consistency. Adjust **THICK & EASY® Clear Instant Food & Beverage Thickener** for Honey (Level 3) consistency, as needed.

## \*\*HOW TO MAKE FROZEN THICKENED ICE CUBES

Thicken water to the desired consistency (Level 2 or 3) with **THICK & EASY® Clear Instant Food & Beverage Thickener** or use pre-thickened **THICK & EASY® Thickened Water**, (Level 2 or Level 3). Pour into ice cube trays and freeze.



# Peppermint Mocha

IDDSI LEVELS **2** OR **3**



## NUTRITION

**Serving Size:** ~ 8 fl. oz  
**Calories:** 140  
**Total Fat:** 3 g  
**Saturated Fat:** 2 g  
**Trans Fat:** 0 g  
**Cholesterol:** 10 mg  
**Sodium:** 190 mg  
**Total Carbs:** 25 g  
**Dietary Fiber:** 1 g  
**Total Sugars:** 16 g  
**Added Sugars:** 8 g  
**Protein:** 5 g  
**Vitamin D:** 6% DV  
**Calcium:** 10% DV  
**Iron:** 2% DV  
**Potassium:** 4% DV

## INGREDIENTS

	1 Serving	6 Servings	12 Servings
Sugar	2 tsp	1/4 cup	1/2 cup
Cocoa powder	2 tsp	1/4 cup	1/2 cup
<b>THICK &amp; EASY® Thickened Decaffeinated Coffee Sticks</b> Nectar (Level 2)   item: 81331	1 stick pack	6 stick packs	12 stick packs
Hot Water	6 fl oz (3/4 cup)	4 1/2 cups	2 quarts + 1 cup
<b>THICK &amp; EASY® Dairy Drinks</b> , Vanilla or Chocolate, Nectar (Level 2) item: 24739 (Vanilla) or 72447 (Chocolate)	1/2 cup	3 cups	1 1/2 quart
Peppermint extract	1-2 drops ~1/8 tsp	3/4 tsp	1 1/2 tsp
Whipped topping and red sugar for garnish	As desired	As desired	As desired

## DIRECTIONS

1. Pour contents of **THICK & EASY® Thickened Decaffeinated Coffee Stick** into bottom of mug.
2. Measure 2 tsp of sugar and 2 tsp cocoa powder (per serving) and add to coffee powder in mug.
3. Add 3/4 cup hot water and stir briskly until powder is completely dissolved and beverage starts to thicken.
4. Heat **THICK & EASY® Dairy Drink** until warm (do not boil).
5. Add 1/2 cup heated **Thickened Dairy Drink** to thickened coffee and stir well.
6. Stir in peppermint extract.
7. Garnish each serving with whipped topping and a sprinkle of red colored sugar, if desired.

## RECIPE NOTES

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



# Sides & Snacks

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# Bread Stuffing

IDDSI LEVELS    



## INGREDIENTS

	1 Serving	8 Servings	16 Servings
<b>THICK &amp; EASY® Texture Modified Bread and Dessert Mix</b> Item: 118519	2 Tbsp	1/2 bag (about 1 cup)	1 bag
Vegetable oil	1/2 Tbsp	4 Tbsp	8 Tbsp
Poultry seasoning	Scant 1/8 tsp	1 tsp	2 tsp
Parsley flakes, dried, finely ground	1/8 tsp	1 tsp	2 tsp
Chicken broth, hot	3 Tbsp	1 1/2 cups	3 cups
Salt and pepper, to taste	To taste	To taste	To taste
Thickened broth or melted butter	As needed (to keep moist)	As needed (to keep moist)	As needed (to keep moist)
Pan Size	Muffin cups	Muffin cups or loaf pan	Muffin pan or loaf pan

## NUTRITION

**Serving Size:**  
1 portion (about #20 scoop)  
**Calories:** 130  
**Total Fat:** 8g  
**Saturated Fat:** 1g  
**Cholesterol:** 0mg  
**Sodium:** 210mg  
**Total Carb:** 13g  
**Dietary Fiber:** 0g  
**Sugars:** 3g  
**Added Sugars:** 0g  
**Protein:** 3g  
**Vitamin D:** 0% DV  
**Calcium:** 0% DV  
**Iron:** 0% DV  
**Potassium:** 0% DV

## DIRECTIONS

1. Generously coat pan or muffin cups with non-stick cooking spray.
2. Combine poultry seasoning, parsley and **THICK & EASY® Texture Modified Bread and Dessert Mix**. Add oil and stir until mixture resembles wet sand.
3. Add hot broth and stir briskly until mixture begins to thicken.
4. Pour bread mixture into pan or portion into muffin cups.
5. Cover and allow to rest at room temperature or in refrigerator for a minimum of 30 minutes.
6. Portion one #20 scoop per serving.

## TO SERVE

1. Gently fluff the stuffing with a fork.
2. Season with salt and pepper, to taste.
3. Lightly brush top of stuffing with melted butter or broth slurry as needed to keep moist. Serve with gravy.

## SERVING SUGGESTION

1. Add a small amount of browning sauce (such as Kitchen Bouquet) or other dark colored sauce to half of the prepared stuffing.
2. Gently mix the two colors of stuffing to give the appearance of both light and dark bread.

# IDDSI Level 4 Pureed Green Bean Casserole

IDDSI LEVELS    



## INGREDIENTS

	6 Servings	12 Servings
Recommended Pan Size	8x8 square or 1/4 steam pan	9x13 or 1/3 steam pan
Approximate Bake Time	20-30 minutes	35-45 minutes
<b>THICK &amp; EASY® Bulk Pureed Green Beans - IDDSI Level 4</b> (thawed) Item: 45076	1/2 bag (about 5 1/2 - 1/3 cup servings)	1 bag (11 - 1/3 cups serving)
Cream of Mushroom Soup	1/2 - 10.5 oz can	1 - 10.5 oz can
Salt	1/4 tsp	1/2 tsp
Black Pepper	1/4 tsp	1/2 tsp
French Fried Onions	1 1/2 cups	3 cups
Milk or Water	1-2 Tbsp	2-3 Tbsp

## NUTRITION

**Serving Size:**  
1/3 cup (#12 Scoop)  
**Calories:** 180  
**Total Fat:** 8g  
**Saturated Fat:** 4g  
**Trans Fat:** 0g  
**Cholesterol:** 0mg  
**Sodium:** 410mg  
**Total Carbs:** 15g  
**Dietary Fiber:** 1g  
**Total Sugars:** 2g  
**Added Sugars:** 1g  
**Protein:** 1g  
**Vitamin D:** 0% DV  
**Calcium:** 2% DV  
**Iron:** 2% DV  
**Potassium:** 2% DV

## DIRECTIONS

1. Grind or puree French fried onions in food processor until smooth. (A small amount of milk or water may be added to achieve proper consistency.) Divide in half and set aside.
2. Combine half the onions with the thawed **THICK & EASY® Bulk Pureed Green Beans**, salt, pepper, and half the cream of mushroom soup. Stir well to combine.
3. Spread mixture into pan coated with cooking spray.
4. Evenly spread remaining half of cream of mushroom soup over top of green beans.
5. Add milk or water to remaining fried onions to achieve a smooth but spreadable consistency.
6. Spread, dollop or pipe onions on top of casserole.
7. Cover and bake at 350°F until temperature reaches 165°F.
8. Portion one #12 scoop (about 1/3 cup) per serving.



# Entrees

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# IDDSI Level 4/5 Beef Stroganoff

IDDSI LEVEL **4** **5** **6** **7**



## INGREDIENTS

	6 Servings	12 Servings
Butter	1 Tbsp	2 Tbsp
Fresh mushroom, Sliced	3 oz.	6 oz.
Onions, diced	1/2 cup	1 cup
Garlic, minced	1/2 tsp	1 tsp
Worcestershire sauce	1 tsp	2 tsp
Butter	1 Tbsp	2 Tbsp
Flour	2 Tbsp	1/4 cup
Beef Broth	1 1/2 cups	3 cups
Salt	1/2 tsp	1 tsp
Black Pepper	1/4 tsp	1/2 tsp
Sour Cream	1/2 cup	1 cup
<b>THICK &amp; EASY® Minced Ground Beef - Level 5 Ready</b> Item: 114401	~ 1 1/2 cups	~ 3 cups
<b>THICK &amp; EASY® Bulk Pureed Pasta - IDDSI Level 4</b> Item: 114399	3 cups	6 cups

## NUTRITION

**Serving Size:**  
#10 scoop (about 1/2 cup) of both: stroganoff, & pureed pasta blend

**Calories:** 320

**Total Fat:** 22g

**Saturated Fat:** 7g

**Trans Fat:** 0g

**Cholesterol:** 45mg

**Sodium:** 790mg

**Total Carbs:** 20g

**Dietary Fiber:** 0g

**Total Sugars:** 3g

**Protein:** 11g

**Vitamin D:** 0% DV

**Calcium:** 4% DV

**Iron:** 8% DV

**Potassium:** 4% DV

**PUREED (LEVEL 4) VERSION:** Remove prepared portions needed and puree until smooth. Liquid and/or thickener may be added to achieve proper consistency. Serve over pureed rice per serving instructions in Level 5 recipe.

## DIRECTIONS

- Sauté mushrooms and onions in first amount of butter until tender. Add garlic and cook 1-2 minutes more.
- Remove from pan and grind or puree in food processor. Set aside.
- Melt second amount of butter in saucepan. Add flour and stir with wire whisk until flour is dissolved.
- Add beef broth and Worcestershire sauce; whisk until blended.
- Bring to boil, stirring constantly until mixture is thickened.
- Add salt, pepper and sour cream; stir to blend.
- Add thawed **THICK & EASY® Minced Ground Beef** (IDDSI Level 5), ground mushrooms and onions. Stir and heat until internal temperature reaches 165°F.
- To serve: Portion 1/2 cup heated **THICK & EASY® Bulk Pureed Pasta** onto serving plate (see serving suggestions).
- Top with one #10 scoop (scant 1/2 cup) beef stroganoff.

## SERVING SUGGESTIONS

**Pasta may be served in a variety of ways:**

- Portion 1/2 cup onto plate and spread evenly.
- Serve straight from the bag by making a very small snip in the corner of the bag and pipe onto plate.
- Place pasta in a pastry bag with desired tip and pipe onto plate.

# Spinach & Mushroom Beef Roast



## INGREDIENTS

	6 Servings	16 Servings
<b>SPINACH FILLING</b>		
Spinach, cooked and drained	1/3 cup	2/3 cup
Butter, softened	1/2 Tbsp	1 Tbsp
Water or broth	2 Tbsp	1/4 cup
<b>THICK &amp; EASY® Shape and Serve® Thickener Powder</b>   Item: 21170	2 Tbsp	1/4 cup
<b>MUSHROOM FILLING</b>		
Mushrooms, sliced	6 oz	12 oz
Butter	1 Tbsp	2 Tbsp
Water or broth	3 Tbsp	1/3 cup + 1 Tbsp
<b>THICK &amp; EASY® Shape and Serve® Thickener Powder</b>   Item: 21170	2 Tbsp	1/4 cup
<b>BEEF</b>		
<b>THICK &amp; EASY® Pureed Bulk Beef*</b>   Item: 78544	18 oz (1/2-2.25 lb. bag)	36 oz (1-2.25 lb. bag)
Onion powder	1 tsp	2 tsp
Garlic powder	1/2 tsp	1 tsp
Dry mustard	1 tsp	2 tsp
Black pepper, fine ground	1/2 tsp	1 tsp
Salt	1 tsp	2 tsp
Thyme leaves	1 tsp	2 tsp
<b>THICK &amp; EASY® Shape and Serve® Thickener Powder</b>   Item: 21170	2 Tbsp	1/4 cup
Beef or mushroom gravy for garnish (smooth; no lumps or particulates)	As needed	As needed

\*Thawed and heated according to package directions

# Spinach & Mushroom Beef Roast

IDDSI LEVELS    



## DIRECTIONS

### MUSHROOM FILLING

1. Sauté mushrooms in butter until softened.
2. Combine mushrooms with water in a food processor and puree until smooth, scraping down sides of processor bowl as needed.
3. Add **THICK & EASY® Shape and Serve® Thickener Powder** and blend well; set aside.

### SPINACH FILLING

1. Combine cooked and drained spinach, softened butter and water in a food processor and puree until smooth, scraping down sides of processor bowl as needed.
2. Add **THICK & EASY® Shape and Serve® Thickener Powder** and blend well; set aside.

### MEAT

1. In a large mixing bowl, combine the onion powder, garlic, mustard, black pepper, salt, and thyme with the thawed, heated **THICK & EASY® Pureed Bulk Beef**.
2. Add **THICK & EASY® Shape and Serve® Thickener Powder** and stir well.
3. Divide mixture in half and spread one half evenly into bottom of pan.
4. Spread spinach and mushroom fillings evenly over beef layer in pan.
5. Top with remaining pureed beef and spread evenly.
6. Cover tightly with aluminum foil and bake at 350°F or heat in steamer until temperature reaches 165°F and knife inserted in center of pan comes out clean.
7. Let rest for at least 5 minutes before cutting and portioning.
8. Serve one 3 oz portion with gravy, if desired.

## NUTRITION

**Serving Size:**  
~3 oz per serving

**Calories:** 200

**Total Fat:** 11g

**Saturated Fat:** 5g

**Trans Fat:** 0g

**Cholesterol:** 40mg

**Sodium:** 850mg

**Total Carbs:** 8g

**Dietary Fiber:** <1g

**Total Sugars:** <1g

**Added Sugars:** 1g

**Protein:** 18g

**Vitamin D:** 0% DV

**Calcium:** 6% DV

**Iron:** 15% DV

**Potassium:** 6% DV



# Level 5 Ready Meat Turkey Tetrazzini



IDDSI LEVEL **5** **6** **7**

## INGREDIENTS

	1 Serving	6 Servings	12 Servings
<b>THICK &amp; EASY® Ground Turkey - IDDSI Level 5 Ready</b> (thawed) Item: 114404	1/2 cup	1 (4.46 lb) bag	2 (4.46 lb) bags
Tetrazzini sauce or creamy mushroom sauce, pureed smooth*	~1/4 cup	~1 1/2 cups	~3 cups
<b>THICK &amp; EASY® Bulk Pureed Thickened Pasta Blend</b> Item: 114399	1/2 cup	3 cups	6 cups (1 1/2 quarts)

**PUREED (LEVEL 4) VERSION:** Remove prepared portions needed and puree until smooth. Liquid and/or thickener may be added to achieve proper consistency. Serve over pureed rice per serving instructions in Level 5 recipe.

## NUTRITION

**Serving Size:** About 2/3 cup meat with sauce 1/2 cup pureed pasta. Suitable for food diet textures (IDDSI Levels 5 -7)

- Calories:** 360
- Total Fat:** 23g
- Saturated Fat:** 8g
- Trans Fat:** 0g
- Cholesterol:** 90mg
- Sodium:** 640mg
- Total Carb:** 18g
- Dietary Fiber:** 2g
- Total Sugars:** 1g
- Added Sugars:** 0g
- Protein:** 18g
- Vitamin D:** 0% DV
- Calcium:** 4% DV
- Iron:** 8% DV
- Potassium:** 0% DV

## DIRECTIONS

1. Combine **THICK & EASY® Ground Turkey** with smooth sauce and stir well.
2. Heat thoroughly to a minimum internal temperature of 165°F. (If sauce separates from meat during heating, stir well and drain any excess liquid).
3. Keep hot for service at 135°F or higher.
4. Prepare **THICK & EASY® Bulk Pureed Thickened Pasta Blend** per package directions and hold for service.
5. To serve:
  - Portion 1/2 cup of pureed pasta onto serving plate.
  - Top pasta with about 2/3 cup of turkey & sauce mixture.
  - Garnish with grated parmesan cheese, if desired.

Before serving, always test for Level 5 using IDDSI guidelines. If needed, add 1 tsp Thick & Easy® Instant Food & Beverage Thickener per directions for each serving of meat with sauce.

## RECIPE NOTES

1. Make sure sauce does not have particulates and is pureed smooth before adding to turkey.
2. Pasta may be served in a variety of ways:
  - Portion 1/2 cup onto plate and spread evenly
  - Serve straight from the bag by making a very small snip in the corner of the bag and pipe onto plate.
  - Place pasta in a pastry bag with desired tip and pipe onto plate.

Nutrition information calculated using prepared creamy mushroom alfredo sauce.

# Desserts

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# Pineapple Upside Down Cake

IDDSI LEVELS 4 5 6 7



## INGREDIENTS

	1 Serving	8 Servings	16 Servings
Pan Size	Muffin cups	Muffin cups	Muffin cups
<b>THICK &amp; EASY® Texture Modified Bread and Dessert Mix</b> Item: 118519	2 Tbsp	1/2 bag (about 1 cup)	1 bag
Sugar	1/2 tsp	1 Tbsp + 1 tsp	2 Tbsp + 2 tsp
Vanilla extract	1/8 tsp	1 tsp	2 tsp
Vegetable oil	1/2 Tbsp	4 Tbsp	8 Tbsp
Pineapple juice, hot	1/4 cup	2 cups	1 quart
<b>THICK &amp; EASY® Shaped Pureed Pineapple - IDDSI Level 4</b> (thawed)   Item: 28170	1 portion	8 portions	16 portions
Seedless strawberry jam or jelly	1 tsp	2 Tbsp + 2 tsp	1/3 cup
Caramel syrup	For garnish	For garnish	For garnish

## NUTRITION

**Serving Size:**  
1 portion  
**Calories:** 260  
**Total Fat:** 9g  
**Saturated Fat:** 1g  
**Trans Fat:** 0g  
**Cholesterol:** 0mg  
**Sodium:** 100mg  
**Total Carbs:** 47g  
**Dietary Fiber:** 1g  
**Total Sugars:** 34g  
**Added Sugars:** 17g  
**Protein:** 2g  
**Vitamin D:** 0% DV  
**Calcium:** 4% DV  
**Iron:** 0% DV  
**Potassium:** 0% DV

## DIRECTIONS

1. Lightly spray muffin cups with non-stick cooking spray or line with plastic wrap.
  2. Combine sugar and **THICK & EASY® Texture Modified Bread and Dessert Mix**; stir well.
  3. Add oil to bread mix and stir until mixture resembles wet sand.
  4. Add vanilla extract to hot pineapple juice add to bread mixture. Stir briskly until mixture starts to thicken.
  5. Portion into muffin cups using a #20 scoop and spread evenly.
  6. Cover and allow to rest at room temperature or in refrigerator for a minimum of 30 minutes
  7. Carefully remove prepared cakes from muffin cups and place on a serving dish.
  8. Press top of cake gently to flatten.
  9. Carefully place one thawed **THICK & EASY® Pureed Shaped Pineapple** portion on top of each cake.
  10. Portion one teaspoon of strawberry jam or jelly into the center of the pineapple portion.
  11. Garnish with a drizzle of caramel syrup.
- \*Note: One portion contains approximately one #20 scoop (about 1/4 cup) cake, one 2.5 oz pineapple portion and 1 tsp strawberry jam*

# Cranberry Almond Bread

IDDSI LEVELS 4 5 6 7



## INGREDIENTS

	1 Serving	8 Servings	16 Servings
<b>THICK &amp; EASY® Texture Modified Bread and Dessert Mix</b> Item: 118519	2 Tbsp	1/2 bag (about 1 cup)	1 bag
Vegetable oil	1/2 Tbsp	4 Tbsp	8 Tbsp
Brown sugar	1/2 tsp	1 Tbsp + 1 tsp	2 Tbsp + 2 tsp
Vanilla extract	1/8 tsp	1 tsp	2 tsp
Almond extract	1/16 tsp	1/2 tsp	1 tsp
Water, hot	2 1/2 Tbsp	1 1/4 cup	2 1/2 cups
Jellied cranberry sauce, melted	1 Tbsp	1/2 cup	1 cup
<b>THICK &amp; EASY® Clear Thickened Orange Juice Nectar - IDDSI Level 2</b> Item: 42161	1 1/2 tsp	1/4 cup	1/2 cup
Pan Size	Muffin pan	2-3 mini loaf pans, muffin pan or 8x4" loaf pan	9x5" loaf pan or 8x8" square pan

## NUTRITION

**Serving Size:** 1 portion (about 1/4 cup)  
**Calories:** 160  
**Total Fat:** 8g  
**Saturated Fat:** 1g  
**Cholesterol:** 0mg  
**Sodium:** 75mg  
**Total Carb:** 22g  
**Dietary Fiber:** 0g  
**Sugars:** 10g  
**Added Sugars:** 1g  
**Protein:** 2g  
**Vitamin D:** 0% DV  
**Calcium:** 0% DV  
**Iron:** 0% DV  
**Potassium:** 0% DV

## DIRECTIONS

1. Generously coat pan(s) with non-stick cooking spray.
2. Combine brown sugar and **THICK & EASY® Texture Modified Bread and Dessert Mix** in a mixing bowl. Add oil and stir until mixture resembles wet sand.
3. Add vanilla extract and almond extract to hot water.
4. Add to bread mixture and stir briskly until blended.
5. Gently fold in melted cranberry sauce.
6. Immediately pour bread into the pan(s).
7. Cover and allow to rest at room temperature or in refrigerator for 30 minutes or until set.
8. Drizzle or brush **THICK & EASY® Clear Thickened Orange Juice** over top of bread.
9. Cut and portion one slice bread (about 1/2 cup) per serving.

## SERVING SUGGESTIONS

For added moisture and flavor, drizzle each bread slice with a powdered sugar glaze and additional thickened orange or cranberry juice.



# Gingerbread Loaf

IDDSI LEVELS 4 5 6



## INGREDIENTS

	1 Serving	4 Servings	8 Servings	16 Servings
<b>THICK &amp; EASY® Texture Modified Bread &amp; Dessert Mix</b> Item: 118519	2 Tbsp	½ cup	1/2 bag ~ 1 cup	1 bag
Brown sugar	¼ tsp	1 tsp	2 tsp	1 Tbsp + 1 tsp
Cinnamon	1/8 tsp	½ tsp	1 tsp	2 tsp
Nutmeg	dash	1/8 tsp	¼ tsp	½ tsp
Cloves	dash	1/8 tsp	¼ tsp	½ tsp
Ginger	2 -3 dashes	¼ tsp	½ tsp	1 tsp
Vegetable oil	1/2 Tbsp	2 Tbsp	4 Tbsp	8 Tbsp
Vanilla extract	1 – 2 drops	¼ tsp	½ tsp	1 tsp
Water, hot	2 ½ Tbsp	2/3 cup	1 1/3 cup	2 2/3 cup
Molasses	¾ tsp	1 Tbsp	2 Tbsp	¼ cup
Prepared Vanilla or Cream Cheese Frosting	As needed	As needed	As needed	As needed

## NUTRITION

**Serving Size:** 2 oz per serving (about ¼ cup)  
**Calories:** 140  
**Total Fat:** 8g  
**Saturated Fat:** 1g  
**Trans Fat:** 0g  
**Cholesterol:** 0mg  
**Sodium:** 75mg  
**Total Carbs:** 18g  
**Dietary Fiber:** 0g  
**Total Sugars:** 8g  
**Added Sugars:** 4g  
**Protein:** 2g  
**Vitamin D:** 0% DV  
**Calcium:** 0% DV  
**Iron:** 0% DV  
**Potassium:** 0% DV

## DIRECTIONS

1. Stir together the brown sugar, cinnamon, nutmeg, cloves, ginger, and **THICK & EASY® Bread and Dessert Mix** in a mixing bowl.
2. Add oil and stir until mixture resembles wet sand.
3. Add vanilla extract to hot water and add to bread mixture, stirring briskly with wire whip until blended.
4. Immediately stir in the molasses and mix well.
5. Line pan(s) with plastic wrap or foil and spray with cooking spray. Pour mixture into pan(s) and spread evenly with a spatula. Cover and refrigerate until cooled or freeze to allow for easier cutting and handling when ready to serve. Partially thaw loaf prior cutting and serving.

## TO SERVE

- Remove foil or plastic wrap from gingerbread. Top with frosting and cut into slices.
- Serve one 2 oz slice/portion per serving.

# Gingerbread Cookies

IDDSI LEVELS **4** **5** **6**



## INGREDIENTS

	1 Serving	4 Servings	8 Servings	16 Servings
<b>THICK &amp; EASY® Texture Modified Bread &amp; Dessert Mix</b> Item: 118519	2 Tbsp	1/2 cup	1/2 bag ~1 cup	1 bag
Brown sugar	¼ tsp	1 tsp	2 tsp	1 Tbsp + 1 tsp
Cinnamon	1/8 tsp	½ tsp	1 tsp	2 tsp
Nutmeg	dash	1/8 tsp	¼ tsp	½ tsp
Cloves	dash	1/8 tsp	¼ tsp	½ tsp
Ginger	2 -3 dashes	¼ tsp	½ tsp	1 tsp
Vegetable oil	1/2 Tbsp	2 Tbsp	4 Tbsp	8 Tbsp
Vanilla extract	1 – 2 drops	¼ tsp	½ tsp	1 tsp
Water, hot	2 ½ Tbsp	2/3 cup	1 1/3 cup	2 2/3 cup
Molasses	¾ tsp	1 Tbsp	2 Tbsp	¼ cup
Prepared Vanilla or Cream Cheese Frosting	As needed ~ 2 Tbsp			

## NUTRITION

**Serving Size:** 2 oz per serving (2 – #40 scoops or about ¼ cup)  
**Calories:** 140  
**Total Fat:** 8g  
**Saturated Fat:** 1g  
**Trans Fat:** 0g  
**Cholesterol:** 0mg  
**Sodium:** 75mg  
**Total Carbs:** 18g  
**Dietary Fiber:** 0g  
**Total Sugars:** 8g  
**Added Sugars:** 4g  
**Protein:** 2g  
**Vitamin D:** 0% DV  
**Calcium:** 0% DV  
**Iron:** 0% DV  
**Potassium:** 0% DV

## DIRECTIONS

1. Stir together the brown sugar, cinnamon, nutmeg, cloves, ginger, and **THICK & EASY® Texture Modified Bread and Dessert mix** in a mixing bowl.
2. Add oil and stir until mixture resembles wet sand.
3. Add vanilla extract to hot water and add to bread mixture, stirring briskly with wire whip until blended.
4. Immediately stir in the molasses and mix well.
5. To make round cookies – Keep gingerbread mixture in mixing bowl. Cover and chill for a minimum of 30 minutes.
6. To make gingerbread cut outs – Immediately pour mixture into pan(s) lined with plastic wrap and spread evenly with a spatula. Cover and refrigerate until cooled or freeze to allow for easier cutting and handling when ready to serve.

## TO SERVE

- **Round Cookies:** Portion mixture using #40 scoop. Flatten and shape each scoop to resemble a round cookie. Top with frosting just prior to serving. Portion two cookies per serving.
- **Cut Outs:** Cut shapes with cookie cutters. Carefully remove shapes from pan and plastic wrap and place on serving plate. (Tip: Cutting and handling the cookies while they are cold or still frozen will help maintain the cutout shape). Decorate as desired.

Note: The remaining cookie mixture (scrap from cutouts) can be re-portioned into #40 scoops and served as round cookies. Serve a 2 oz portion (about ¼ cup) of cookie per serving. (may include cut out, round or both if equal to 2 oz portion)

# Peppermint Swirl Cookies

IDDSI LEVELS **4** **5** **6** **7**



## INGREDIENTS

	1 Serving	4 Servings	8 Servings	16 Servings
Powdered sugar	1 Tbsp	3 Tbsp	6 Tbsp	3/4 cup
<b>THICK &amp; EASY® Texture Pureed Bread &amp; Dessert Mix</b> Item: 118519	2 Tbsp	1/2 cup	1 cup 1/2-10.6 oz bag	2 cups 1-10.6 oz bag
Butter, melted	1/2 Tbsp	2 Tbsp	1/4 cup	1/2 cup
Water, hot	3 Tbsp	3/4 cup	1 1/2 cup	3 cups
Vanilla extract	1 drop	1/4 tsp	1/2 tsp	1 tsp
Peppermint extract	1 drop	1/8 – 1/4 tsp*	1/4 – 1/2 tsp*	1/2 tsp – 1 tsp*
Red food coloring	1 drop	2 – 3 drops	4 – 6 drops	8 – 12 drops

\*Peppermint extract may be adjusted to meet desired flavor strength

## NUTRITION

**Serving Size:** 2 cookies  
(about one #40 scoop per cookie)

**Calores:** 130

**Total Fat:** 6g

**Saturated Fat:** 3.5g

**Trans Fat:** 0g

**Cholesterol:** 15mg

**Sodium:** 115mg

**Total Carbs:** 18g

**Dietary Fiber:** 0g

**Total Sugars:** 8g

**Added Sugars:** 5g

**Protein:** 2g

**Vitamin D:** 0% DV

**Calcium:** 0% DV

**Iron:** 0% DV

**Potassium:** 0% DV

## DIRECTIONS

1. Stir together the powdered sugar and **THICK & EASY® Pureed Bread and Dessert Mix** in a bowl.
2. Add melted butter and stir until mixture resembles wet sand.
3. Add vanilla and peppermint extracts to hot water and add to bread mix, stirring briskly until mixture starts to thicken.
4. Divide the mixture in half. Add red food coloring to one half of mixture and stir until well blended.
5. Portion alternating spoonfuls of white and red mixture into a pan. Spread evenly and swirl the colored mixtures together to achieve a marbled appearance.
6. Cover and chill or let sit at room temperature until mixture is cooled.

## TO SERVE

- Portion into round balls using #40 scoop. Make sure to include both red and white colors into each scoop.
- Using clean, gloved hand or spatula, flatten and shape each ball to resemble a round cookie.
- Portion 2 cookies per serving.