

LYONS
THICK
& EASY®

Dysphagia-Friendly Pizza Bites



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



INGREDIENTS

	1 Serving	6 Servings	12 Servings
CRUST			
THICK & EASY® Texture-Modified Bread & Dessert Mix Item: 118519	2 Tbsp	3/4 cup	1 1/2 cups
Vegetable oil	1/2 Tbsp	3 Tbsp	6 Tbsp
Seasonings of choice ground oregano, salt, pepper, garlic powder, onion powder	To taste	1/4 tsp each	1/2 tsp each
Water, hot	3 Tbsp	1 cup + 2 Tbsp	2 1/4 cup
TOPPINGS			
Pizza sauce, smooth	2 tsp 1 tsp per bite	1/4 cup 1 tsp per bite	1/2 cup 1 tsp per bite
Choice of Toppings* (pureed or ground)	1/2 - 1 tsp per bite	3 - 6 tsp	6 - 12 tsp
White cheese sauce	2 tsp 1 tsp per bite	1/4 cup 1 tsp per bite	1/2 cup 1 tsp per bite
Parmesan cheese, finely grated (optional)	As needed	As needed	As needed

PIZZA TOPPING SUGGESTIONS

THICK & EASY® 100% Natural Minced Beef, Pork or Chicken, Pureed or ground pepperoni, sausage, or Canadian bacon, Cooked, pureed or ground onions, peppers, or mushrooms, Finely diced black olives

NUTRITION

Serving Size:
Serving Size: 2 bites
Calories: 180
Total Fat: 10g
Saturated Fat: 2.5g
Trans Fat: 0g
Cholesterol: 25mg
Sodium: 270mg
Total Carbs: 15g
Dietary Fiber: 0g
Total Sugars: 4g
Added Sugars: 0g
Protein: 8g
Vitamin D: 2% DV
Calcium: 2% DV
Iron: 4% DV
Potassium: 0% DV

DIRECTIONS

1. Add vegetable oil to **THICK & EASY® Pureed Bread & Dessert Mix** and stir until mixture resembles wet sand.
2. Add seasonings of choice and stir to combine ingredients.
3. Add hot water to bread mixture and stir briskly until blended.
4. Portion bread mixture into 1 oz balls using #40 scoop and place on a pan lined with wax paper or parchment sprayed with non-stick spray.
5. Flatten each ball to about 2-inch diameter.
6. Cover with plastic wrap and allow to rest at room temperature for at least 30 minutes.

TO ASSEMBLE

- Place crust circles on a plate or microwave safe container sprayed with cooking spray.
- Top each circle with 1 tsp pizza sauce and 1/2 - 1 tsp toppings of choice.
- Finish with white cheese sauce and a sprinkle of parmesan cheese, if desired.
- Heat gently in the microwave until warm.
- **NOTE:** Before serving, always test for Level 5 using IDDSI guidelines.