


**THICK
& EASY**

Thickened Brown Sugar Milk Tea





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IDDSI LEVELS  



NUTRITION*

Serving Size:
about 8 fl. oz.

Calories: 100

Total Fat: 1.5g

Saturated Fat: 1g

Cholesterol: <5mg

Sodium: 85mg

Total Carb: 20g

Dietary Fiber: 0g

Total Sugars: 7g

Added Sugars: 3g

Protein: 2g

Vitamin D: 2% DV

Calcium: 6% DV

Iron: 0% DV

Potassium: 0% DV

INGREDIENTS

	1 SERVING	6 SERVINGS	12 SERVINGS
THICK & EASY® Thickened Decaffeinated Tea Powder - IDDSI Level 2 - Nectar Item: 81330	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
Brown sugar	1 - 2 tsp (to taste)	2 - 4 Tbsp (to taste)	1/4 cup - 1/2 cup (to taste)
THICK & EASY® Thickened Dairy Drink IDDSI Level 2 - Nectar Item: 73625	1/4 cup	1 1/2 cup	3 cups
Foam or froth from heated Thickened Dairy Drink	1 - 2 Tbsp	About 1/3 cup	About 2/3 cup

Nutrition calculated using IDDSI Level 2 Nectar varieties of milk and coffee. Froth/foam not used in nutrition calculation.

DIRECTIONS

PER SERVING:

1. Pour contents of **THICK & EASY® Thickened Decaffeinated Tea Powder** into bottom of mug and add brown sugar.
2. Add hot water and stir until powder is completely dissolved and beverage starts to thicken.
3. Heat **THICK & EASY® Thickened Dairy Drink** until warm (do not boil).
4. Add to thickened tea and stir well.
5. Garnish each serving with 1-2 Tbsp of foam or froth from heated dairy drink, 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 Tea Powder** and **THICK & EASY® Thickened Dairy Drink** can be used in place of Nectar (Level 2).

