



IDDSI Level 4-7 Pureed Cornbread



INGREDIENTS

	1 SERVING	8 SERVINGS	16 SERVINGS
Suggested pan size	Muffin pan or individual dish	Muffin pan or Loaf pan	Muffin pan or 8x8 square pan

COOK CORNMEAL

Cornmeal	1 Tbsp	1/4 cup	1/2 cup
Water	1/3 cup	1 1/3 cups	2 2/3 cup

BREAD

THICK & EASY® Texture Modified Bread and Dessert Mix Item: 118519	2 Tbsp	1/2 cup	1/2 bag (~ 1 cup)
Vegetable oil	1/2 Tbsp	2 Tbsp	4 Tbsp
Water, hot	3 Tbsp	3/4 cup	1 1/2 cups
Butter, melted	1 tsp	1 1/2 Tbsp	2 1/2 Tbsp
Sugar	1/2 tsp	2 tsp	4 tsp
Salt	dash	1/8 tsp	1 1/4 tsp



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IDDSI LEVELS    

DIRECTIONS

COOKED CORNMEAL

1. Divide the water and bring half to a boil.
2. Combine cornmeal with second half of water; add to boiling water and stir well.
3. Bring mixture to a boil and cook until cornmeal is soft and mixture is thick, stirring occasionally.
4. Set aside and cool slightly.

BREAD

5. Add vegetable oil to **THICK & EASY® Texture Modified Bread and Dessert Mix** and stir until mixture resembles wet sand.
6. Add hot water & stir briskly until mixture begins to thicken.
7. Add cooked cornmeal to bread and stir to combine.
8. Add butter and sugar and stir well.
9. Portion or spread into pans and allow to cool at room temperature or in refrigerator until set.
10. Serve with honey, maple syrup or softened butter, if desired

RECIPE NOTES:

- For corn muffins, portion one #16 scoop (about 1/4 cup) per muffin cup. Portion 1 corn muffin per serving.
- For squares or slices, spread pureed cornbread into a pan and cut into squares or slices for service. One portion is about 1/4 cup.

NUTRITION

Serving Size:
1 - #16 scoops
(about 1/4 cup)

Calories: 100

Total Fat: 6g

Saturated Fat: 2g

Cholesterol: 5mg

Sodium: 90mg

Total Carb: 10g

Dietary Fiber: 0g

Total Sugars: 3g

Added Sugars: 1g

Protein: 1g

Vitamin D: 0% DV

Calcium: 0% DV

Iron: 0% DV

Potassium: 0% DV