



LYONS
THICK
& EASY®

Dysphagia-Friendly Chocolate Peanut Butter Cookie Cups

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IDDSI LEVELS    



INGREDIENTS

	1 Serving	8 Servings	16 Servings
Peanut butter, creamy	2 tsp	6 Tbsp	3/4 cup
Butter, softened	1/2 tsp	1 Tbsp + 1 tsp	2 Tbsp + 2 tsp
Powdered sugar	1 tsp	2 Tbsp + 2 tsp	1/3 cup
THICK & EASY® Texture-Modified Bread & Dessert Mix Item: 118519	1 1/2 Tbsp	3/4 cup	1 1/2 cups
Vegetable oil	3/4 tsp	2 Tbsp	1/4 cup
Water, hot	2 Tbsp	1 cup	2 cups
Vanilla extract	1 drop	1/4 tsp	1/2 tsp
Fudge topping	2 tsp 1 tsp per cookie	1/3 cup 1 tsp per cookie	2/3 cup 1 tsp per cookie

NUTRITION

Serving Size:
2 Cookies

Calories: 210

Total Fat: 13g

Saturated Fat: 4g

Trans Fat: 0g

Cholesterol: 5mg

Sodium: 150mg

Total Carbs: 21g

Dietary Fiber: 1g

Total Sugars: 11g

Added Sugars: 2g

Protein: 5g

Vitamin D: 0% DV

Calcium: 0% DV

Iron: 0% DV

Potassium: 0% DV

DIRECTIONS

- Combine vegetable oil and **THICK & EASY® Texture Modified Bread & Dessert Mix** in a bowl. Stir until mixture resembles wet sand.
- Add vanilla extract to hot water and add to bread mix, stirring briskly until mixture starts to thicken.
- Cover and chill or let sit at room temperature until mixture is cooled.
- Cream together peanut butter, softened butter, and powdered sugar until well mixed.
- Add to cooled bread mixture and blend until thoroughly combined (about 30 seconds). (An electric mixer works well for this step.)
- Portion into balls using #40 scoop and press balls into mini muffin pan.
- Use a teaspoon to make an indent in the center of each cookie cup.
- Portion 1 tsp of fudge sauce into each cookie cup.
- Refrigerate at least 30 minutes or until set.
- Portion 2 cookies per serving.

SERVING OPTION

Try using other fillings in place of fudge topping, such as peanut butter mouse, caramel syrup, or seedless jam or jelly.