



Dysphagia-Friendly Super Brownie Footballs





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IDDSI LEVELS    



NUTRITION

Serving Size:

1 portion
(One #20 scoop)

Calories: 280

Total Fat: 12 g

Saturated Fat: 2.5 g

Trans Fat: 0 g

Cholesterol: <5 mg

Sodium: 150 mg

Total Carbs: 42 g

Dietary Fiber: 1 g

Total Sugars: 28 g

Added Sugars: 3 g

Protein: 4 g

Vitamin D: 2% DV

Calcium: 4% DV

Iron: 0% DV

Potassium: 2% DV

*Nutrition
calculation includes
frosting.

INGREDIENTS

	1 SERVINGS	8 SERVINGS	16 SERVINGS
THICK & EASY® Texture-Modified Bread & Dessert Mix Item: 118519	2 Tbsp	1/2 bag about 1 cup	1 bag about 2 cup
Vegetable oil	1/2 Tbsp	4 Tbsp	8 Tbsp
Cocoa Powder	1 tsp	2 Tbsp + 2 tsp	4 Tbsp
Sugar	3/4 tsp	2 Tbsp	4 Tbsp
Milk, hot	3 Tbsp	1 1/2 cups	3 cups
Chocolate syrup	2 tsp	1/3 cup	2/3 cup
Chocolate frosting or fudge sauce	1 Tbsp	1/2 cup	1 cup
White Frosting	1 tsp	2 Tbsp + 2 tsp	1/3 cup

DIRECTIONS

1. Combine **THICK & EASY® Texture Modified Bread & Dessert Mix**, cocoa powder, and sugar in a mixing bowl.
2. Add oil and stir until mixture resembles wet sand.
3. Add chocolate syrup to hot milk and stir until blended.
4. Add milk to bread mixture and stir briskly until mixture begins to thicken.
5. Portion #20 scoop onto a pan lined with wax paper or parchment lightly sprayed with non-stick cooking spray.
6. Cover and allow to rest in refrigerator for a minimum of 30 minutes.
7. Shape brownies to resemble a football.
8. Cover top of each brownie with chocolate frosting or fudge sauce.
9. Place white frosting into a piping bag and squeeze lines on top of brownie.