



Dysphagia-Friendly Chocolate Peanut Butter Cookie Cups





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IDDSI LEVELS 4 5 6 7



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

INGREDIENTS

	1 SERVINGS	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

DIRECTIONS

1. Combine vegetable oil and **THICK & EASY® Texture Modified Bread & Dessert Mix** in a bowl. Stir until mixture resembles wet sand.
2. Add vanilla extract to hot water and add to bread mix, stirring briskly until mixture starts to thicken.
3. Cover and chill or let sit at room temperature until mixture is cooled.
4. Cream together peanut butter, softened butter, and powdered sugar until well mixed.
5. Add to cooled bread mixture and blend until thoroughly combined (about 30 seconds). (An electric mixer works well for this step.)
6. Portion into balls using #40 scoop and press balls into mini muffin pan.
7. Use a teaspoon to make an indent in the center of each cookie cup.
8. Portion 1 tsp of fudge sauce into each cookie cup.
9. Refrigerate at least 30 minutes or until set.
10. 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.