


**THICK
& EASY**

Level 4 Pureed Cherry Apple Breakfast Bake





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INGREDIENTS

	1 Serving	4 Serving	8 Serving	16 Serving
Applesauce (smooth, no chunks)	6 Tbsp	1½ cups	3 cups	1 ½ quarts
Brown Sugar	1 Tbsp	¼ cup	½ cup	1 cup
Ground Cinnamon	dash	1/8 tsp	¼ tsp	½ tsp
Ground Nutmeg	dash	18 tsp	¼ tsp	½ tsp
Lemon Juice	¼ tsp	1 tsp	2 tsp	1 Tbsp + 1 tsp
THICK & EASY® Shape and Serve® Thickener Powder Item: 21170	2 Tbsp	½ cup	1 cup	2 cups
Cherry Pie Filling, pureed	1 Tbsp	¼ cup	½ cup	1 cup
Bran flakes or Corn flakes, plain (no nuts or seeds)	1 Tbsp	¼ cup	½ cup	1 cup
Milk	1 Tbsp	¼ cup	½ cup	1 cup
THICK & EASY® Instant Food and Beverage Thickener Item: 17938	¼ tsp	1 tsp	2 tsp	1 Tbsp + 1 tsp

NUTRITION

Serving Size: 2/3 cup (#6 scoop)
Calories: 160
Total Fat: 5g
Saturated Fat: 4.5g
Trans Fat: 0.5g
Cholesterol: 0mg
Sodium: 80mg
Total Carbs: 37g
Dietary Fiber: 4g
Total Sugars: 19g
Added Sugars: 11g
Protein: 3g
Calcium: 0% DV
Iron: 2% DV
Potassium: 2% DV

DIRECTIONS

- Combine applesauce, brown sugar, cinnamon, nutmeg, and lemon juice and stir until well blended.
- Add **Shape and Serve® Thickener Powder** and mix in food processor or with wire whip until thoroughly blended.
- Pour into custard cups or pan coated with vegetable cooking spray.
- Randomly portion pureed cherry pie filling on top of applesauce mixture and swirl, making a marbled pattern.
- Soak cereal in milk until softened and puree until smooth.
- Add **Instant Food and Beverage Thickener** and blend again until thickener is fully dissolved.
- Randomly portion pureed cereal on top of applesauce mixture and swirl, making a marbled pattern.
- Cover tightly with aluminum foil and bake at 350°F. for 30-45 minutes, or until internal temperature reaches 165°F and knife inserted near center comes out clean.
- Portion 2/3 cup (#6 scoop) per serving.