

LYONS
**THICK
& EASY®**

Dysphagia-Friendly Root Beer Float





Dysphagia-Friendly Root Beer Float

IDDSI LEVELS  



INGREDIENTS

	1 SERVINGS	6 SERVINGS	12 SERVINGS
MAGIC CUP® Frozen Dessert, Vanilla , partially thawed Item: 19850	1 4oz container	6 4oz containers	12 4oz containers
Root Beer	8 fl oz (1 cup)	48 fl oz (6 cups)	96 fl oz (12 cups)
THICK & EASY® Clear Food & Beverage Thickener , IDDSI Level 2 (nectar) Item: 25544	2 scoops	12 scoops	24 scoops

NUTRITION

Serving Size: 12 fl oz
Calories: 400
Total Fat: 11g
Saturated Fat: 6g
Trans Fat: 0g
Cholesterol: <5mg
Sodium: 180mg
Total Carbs: 66g
Dietary Fiber: 1g
Total Sugars: 57g
Added Sugars: 26g
Protein: 9g
Vitamin D: 0% DV
Calcium: 10% DV
Iron: 15% DV
Potassium: 8% DV

DIRECTIONS

1. Pour 8 fl oz (1 cup) of root beer into a tall glass.
2. Add **THICK & EASY® Clear Food & Beverage Thickener** and stir until mixture begins to thicken.
3. Add partially thawed Vanilla **MAGIC CUP® Frozen Dessert** to thickened root beer and stir well to combine.

RECIPE NOTES

1. Adjust **THICK & EASY® Clear Food & Beverage Thickener** for Level 3 (honey) consistency as needed.
2. For a lower calorie version, use diet root beer and **No Sugar Added Vanilla MAGIC CUP® Frozen Dessert**.