



Thickened Pumpkin Spice Latte



INGREDIENTS

	1 Serving	6 Servings	12 Servings
T&E® Thickened Dairy Beverage*	1/2 cup	3 cups	6 cups
Pumpkin puree, canned	3 Tbsp	1/3 cup + 1 Tbsp	3/4 cup
Sugar	2 tsp	1/4 cup	1/2 cup
Pumpkin pie spice blend	1/4 tsp	1 1/2 tsp	1 Tbsp
Vanilla extract	1/8 tsp	3/4 tsp	1-1/2 tsp
Extra nutmeg, optional	dash	1/4 tsp	1/2 tsp
T&E® Thickened Coffee Powder (PREPARED)*	1/2 cup	3 cups	6 cups
Whipped topping for garnish	2 Tbsp	3/4 cup	1-1/2 cups
Nutmeg, cinnamon or pumpkin pie spice (for garnish)	As needed	As needed	As needed

DIRECTIONS

⌚ 5 - 10 MINS

1. Pour 1/2 cup prepared THICK & EASY® Thickened Coffee into a mug.
2. Stir together THICK & EASY® Thickened Dairy Beverage, pumpkin, sugar, vanilla and pumpkin pie spice. Heat just to boiling, careful not to allow boil over.
3. Add hot milk mixture to thickened coffee in mug and stir well.
4. Garnish with whipped topping and a sprinkle of spice of choice.

NOTES: Milk thickened to appropriate consistency with thickener can be used in place of THICK & EASY® Thickened Dairy Beverage.

IDDSI LEVELS



*Use THICK & EASY® Thickened Coffee Powder, Mildly Thick (Level 2) and THICK & EASY® Thickened Beverage Drink, Mildly Thick (Level 2) **OR** THICK & EASY® Thickened Coffee, Moderately Thick (Level 3) and THICK & EASY® Thickened Dairy Beverage, Moderately Thick (Level 3) to get required consistency.

NUTRITION Serving Size: about 12 fl oz (about 1 1/2 cups) **Calories:** 210 **Total Fat:** 8g **Saturated Fat:** 5g **Cholesterol:** 25mg **Sodium:** 140mg **Total Carb:** 27g **Dietary Fiber:** 1g **Sugars:** 18g **Added Sugars:** 8g **Protein:** 5g **Vitamin D:** 0% DV **Calcium:** 10% DV **Iron:** 4% DV **Potassium:** 6% DV

*Nutrition calculated using Mildly Thick (Level 2) varieties of milk and coffee



Thick & Easy® Thickened Dairy Beverage meets the needs of individuals with swallowing difficulties. It offers all the nutritional benefits of milk.

- Easily identifiable IDDSI labeling
- Convenient single serve packaging
- Easy opening with resealable top
- No mixing errors, eliminates waste
- Suitable for tray service
- Chill and serve



Available in



IDDSI Level Mildly Thick



IDDSI Level Moderately Thick

Description	Item #	Sysco #	GFS #	Serving Size	Calories	Fat (g)	Sodium (mg)	CHO (g)	Protein (g)
Thickened Dairy Level 2	84112	5415953	1360797	8 fl. oz./236mL	170	5	210	23	8
Thickened Dairy Level 3	84113	5414667	1360918	8 fl. oz./236mL	180	5	240	26	8

Thick & Easy® Thickened Coffee Powders are full of the great freshly-brewed flavor your patients will love.

- Easily identifiable IDDSI labeling
- Convenient single serve packaging
- Reliable consistency in every serving
- No measuring, eliminates waste
- Expand patient beverage selections
- Easy preparation just add 177ml of water



Available in



IDDSI Level Mildly Thick



IDDSI Level Moderately Thick

Description	Item #	Sysco #	GFS #	Serving Size	Calories	Fat (g)	Sodium (mg)	CHO (g)	Protein (g)
Coffee IDDSI Level 2	81331	9905194		1 packet/177mL	15	0	80	3	0
Coffee IDDSI Level 3	81327	9905193		1 packet/177mL	20	0	100	5	0

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International Dysphagia Diet
Standardisation Initiative

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