

LYONS  
THICK  
& EASY<sup>®</sup>

# Pumpkin Spice Shake





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IDDSI LEVELS **2** OR **3**



## INGREDIENTS

<b>THICK &amp; EASY® Thickened Dairy Drink, Nectar (Level 2)</b> Item: 74739	1/2 cup	3 cups	1 1/2 quarts (6 cups)
Pumpkin puree, canned	3 Tbsp	1 cup + 2 Tbsp	2 1/4 cups
Pumpkin pie spice blend	1/4 tsp	1 1/2 tsp	1 Tbsp
Extra nutmeg, optional	dash	1/4 tsp	1/2 tsp
<b>THICK &amp; EASY® Magic Cup® Vanilla</b> Item: 19850	1 – 4 oz container	6 – 4 oz containers	12 – 4 oz containers
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

## NUTRITION

Serving Size: 8 fl. oz  
**Calories:** 390  
**Total Fat:** 14g  
**Saturated Fat:** 8g  
**Trans Fat:** 0g  
**Cholesterol:** 15mg  
**Sodium:** 220mg  
**Total Carbs:** 56g  
**Dietary Fiber:** 1g  
**Total Sugars:** 40g  
**Added Sugars:** 14g  
**Protein:** 14g  
**Vitamin D:** 6% DV  
**Calcium:** 25% DV  
**Iron:** 20% DV  
**Potassium:** 20% DV

## DIRECTIONS

1. Combine all ingredients in a blender and blend until smooth.
2. Garnish with whipped topping and sprinkle with pie spice or nutmeg.

## RECIPE NOTES

Honey (Level 3) consistency of **THICK & EASY® Thickened Dairy Drink** can be used in place of Nectar (Level 2). Mixture will be thick.

**\*Nutrition calculated using Nectar (Level 2) Thickened Dairy Drink**