

LYONS
THICK
& EASY®

Pureed Vanilla Cream Cheese Pumpkin Squares





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IDDSI LEVELS **4** **5** **6** **7**



INGREDIENTS

	1 Serving	8 Servings	16 Servings
Pan Size	Single dessert dish	9x5 loaf pan	2 - 9x5 loaf pans
THICK & EASY® Pureed Bread & Dessert Mix Item: 48862	2 Tbsp	1/2 bag (about 1 cup)	1 bag
Vegetable oil	1/2 Tbsp	4 Tbsp	8 Tbsp
Pumpkin puree, canned	1 Tbsp, 1 tsp	1/2 cup	1 cup
Maple syrup	1 tsp	2 Tbsp + 2 tsp	1/3 cup
Pumpkin pie spice or cinnamon	1/8 tsp	1 tsp	2 tsp
Water, hot	2 Tbsp	1 cup	2 cups
Cream cheese, softened	1/2 oz (about 2 tsp)	4 oz	8 oz
Vanilla pudding, prepared	1 Tbsp	1/2 cup	1 cup
Whipped topping	3 Tbsp	1 1/2 cup	3 cups

NUTRITION

Serving Size:
1 portion (~ 1/3 cup)
Calories: 250
Total Fat: 15g
Saturated Fat: 6g
Trans Fat: 0g
Cholesterol: 15mg
Sodium: 140mg
Total Carbs: 26g
Dietary Fiber: 0g
Total Sugars: 14g
Added Sugars: 4g
Protein: 4g
Vitamin D: 0% DV
Calcium: 4% DV
Iron: 0% DV
Potassium: 4% DV
Vitamin D: 0% DV

DIRECTIONS

1. Lightly spray pan(s) with non-stick cooking spray.
2. Stir together pumpkin puree and maple syrup. Set aside.
3. Combine pumpkin pie spice or cinnamon and **THICK & EASY® Pureed Bread & Dessert Mix**. Add oil and stir until mixture resembles wet sand.
4. Add hot water to bread mixture and stir briskly until blended.
5. Stir in pumpkin/maple syrup mixture.
6. Immediately pour into prepared pan(s) and spread evenly.
7. Cover and allow to cool at room temperature or in refrigerator for a minimum of 15 minutes.
8. Combine softened cream cheese with pudding and stir until smooth. Spread evenly over pumpkin mixture in pan.
9. Spread whipped topping over pudding layer.
10. Cover with plastic wrap and refrigerate or freeze pan(s) for at least 30 minutes before cutting and serving. (This will make it easier to remove portions from pan.)
11. Cut each pan into 8 portions