

LYONS
THICK
& EASY®

Strawberry Shortcake





Strawberry Shortcake



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

INGREDIENTS

	1 Serving	8 Servings	16 Servings
THICK & EASY® Texture Pureed Bread & Dessert Mix Item: 118519	2 Tbsp	1/2 bag (about 1 cup)	1 bag
Sugar	1/4 Tbsp	2 Tbsp	1/4 cup
Vegetable oil	1/2 Tbsp	1/4 cup	1/2 cup
Vanilla extract	1/8 tsp	1 tsp	2 tsp
Almond extract (optional)	1-2 drops	3/4 tsp	1 1/2 tsp
Water or milk , hot	2 Tbsp + 2 tsp	1 1/3 cup	2 2/3 cups
Prepared strawberry pie filling or glaze FILLING ONLY (No berries or seeds)*	2 Tbsp	1 cup	2 cups
Whipped topping, for garnish	1 Tbsp	1/2 cup	1 cup

Use muffin cake or other round shape pan

*Seedless strawberry jam may be used in place of seedless pie filling or glaze in this recipe.

NUTRITION

Serving Size: 1 portion (one #20 scoop cake (about 1/4 cup), 2 Tbsp filling/glaze and 1 Tbsp whipped topping)

Calories: 180

Total Fat: 8g

Saturated Fat: 1.5g

Trans Fat: 0g

Cholesterol: 0mg

Sodium: 75mg

Total Carbs: 27g

Dietary Fiber: 0g

Total Sugars: 14g

Added Sugars: 10g

Protein: 2g

Vitamin D: 0% DV

Calcium: 0% DV

Iron: 0% DV

Potassium: 0% DV

DIRECTIONS

1. Lightly spray muffin cups or pans with non-stick cooking spray or line with plastic wrap.
2. Combine sugar and **THICK & EASY® Pureed Bread & Dessert Mix**; stir well.
3. Add oil to bread mix and stir until mixture resembles wet sand.
4. Add vanilla extract to hot water or milk and add to bread mixture. Stir briskly until mixture starts to thicken.
5. Portion into muffin cups or pans using a #20 scoop and spread evenly.
6. Cover and allow to rest at room temperature or in refrigerator for a minimum of 30 minutes.

TO SERVE

1. Carefully remove prepared cakes from pans and portion onto serving dishes.
2. Using a tablespoon or gloved hand, gently press into the middle of each cake to make a shallow hole.
3. Portion 2 Tbsp of smooth pie filling or glaze (no berries or seeds) into the shallow hole.
4. Top with 1 Tbsp whipped topping and serve.