

Hormel
**THICK
& EASY**

Thickened Fall Harvest Punch





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



INGREDIENTS

	1 Servings	6 Servings	12 Servings
THICK & EASY® Thickened Cranberry Juice Nectar (Level 2)	1/4 cup	1 1/2 cups	3 cups
THICK & EASY® Thickened Apple Juice Nectar (Level 2)	1/4 cup	1 1/2 cups	3 cups
THICK & EASY® Thickened Orange Juice Nectar (Level 2)	2 Tbsp	3/4 cup	1 1/2 cups
Cinnamon Whiskey*	2 Tbsp	3/4 cup	1 1/2 cups
Apple or Apricot Brandy**	1 Tbsp	1/3 cup	2/3 cup
Lemon Lime Soda	1/4 cup	1 1/2 cups	3 cups
THICK & EASY® Clear Instant Food & Beverage Thickener	1 1/2 scoops	9 scoops	18 scoops
Thickened Juice Garnishes**	As desired	As desired	As desired
Thickened Ice Cubes (optional)**	As desired	As desired	As desired

RECIPE NOTES:

*Honey (Level 3) consistency of **THICK & EASY® Thickened Juices** can be used in place of Nectar (Level 2) consistency. Adjust **THICK & EASY® Clear Instant Food & Beverage Thickener** for Honey (Level 3) consistency, as needed.

For non-alcoholic punch, omit whiskey and brandy. Reduce **THICK & EASY® Clear Instant Thickener to 1 scoop per serving prepared.

NUTRITION

Serving Size:
-8 fl. oz

Calories: 240

Total Fat: 0g

Saturated Fat: 0g

Trans Fat: 0g

Cholesterol: 0mg

Sodium: 75mg

Total Carbs: 35g

Dietary Fiber: 0g

Total Sugars: 26g

Added Sugars: 6g

Protein: 0g

Vitamin D: 0% DV

Calcium: 0% DV

Iron: 0% DV

Potassium: 2% DV

DIRECTIONS

- Combine whiskey and brandy with lemon lime soda.
- Thicken soda with **THICK & EASY® Clear Instant Food & Beverage Thickener** per mixing instructions on product canister. (**NOTE:** soda will foam when mixing so use a large glass or container for mixing).
- Stir together **THICK & EASY® Thickened Juices** (Cranberry, Apple and Orange).
- Add thickened soda mixture to juices; stir well.
- Pour into glass and garnish, if desired.
- Note: Thickened ice cubes (up to 3 per serving) may be added to punch and frozen thickened juice used as garnishes**)

**FROZEN THICKENED JUICE GARNISHES & ICE CUBES

Frozen Juice Garnishes: Freeze the appropriate consistency (Level 2 or 3) of **THICK & EASY® Thickened Juices** using food molds or other shaped containers resembling fruit pieces. Thickened juice may also be poured into a shallow pan and frozen. Just prior to serving, use a melon baller tool to create round shapes or shavings for garnish. Garnish beverages immediately, as frozen juice garnishes will melt quickly.

Ice Cubes: Thicken water to the desired consistency (Level 2 or 3) with **THICK & EASY® Clear Instant Food & Beverage Thickener** or use pre-thickened **THICK & EASY® Thickened Water**, (Level 2 or Level 3). Pour into ice cube trays and freeze.