

Hormel

THICK
& EASY

Thickened Very Berry Shake





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IDDSI LEVELS  



NUTRITION

Serving Size:
about 10 fl. oz.

Calories: 480

Total Fat: 15g

Saturated Fat: 8g

Cholesterol: 15mg

Sodium: 240mg

Total Carb: 73g

Dietary Fiber: 1g

Total Sugars: 60g

Added Sugars: 17g

Protein: 13g

Vitamin D: 6% DV

Calcium: 25% DV

Iron: 15% DV

Potassium: 10% DV

INGREDIENTS

	1 SERVING	6 SERVINGS	12 SERVINGS
THICK & EASY® Thickened Dairy Drink IDDSI Level 2 - Nectar Item: 73625	1/2 cup (1/2 - 8 fl. oz carton)	3 cups (3 - 8 fl. oz cartons)	6 cups (6 - 8 fl. oz cartons)
THICK & EASY® Magic Cup® Dessert Wild Berry (thawed) Item: 44180	1 - 4 oz container	6 - 4 oz containers	12 - 4 oz containers
THICK & EASY® Shaped Pureed Frozen Mixed Berry (thawed) Item: 13883	1 portion	6 portions	12 portions

Nutrition calculated using IDDSI Level 2 Nectar varieties of Thickened Dairy Drink

DIRECTIONS

PER SERVING:

1. Reserve 1 Tbsp of thawed **THICK & EASY® Shaped Pureed Frozen Mixed Berry** and set side.
2. Combine remaining **THICK & EASY® Shaped Pureed Frozen Mixed Berry** portion and all other ingredients in a blender and mix until smooth; pour into a glass
3. Stir 1 tsp of water into reserved 1 Tbsp of **THICK & EASY® Shaped Pureed Frozen Mixed Berry**. Warm on low heat until smooth and slightly melted.
4. Pour or drizzle melted berries on top of shake.

RECIPE NOTES:

- Milk thickened to appropriate consistency with thickener can be used in place of **THICK & EASY® Thickened Dairy Drink**
- Honey (Level 3) consistency of **THICK & EASY® Thickened Dairy Drink** can be used in place of Nectar (Level 2).