



Thickened Pumpkin Spice Latte



INGREDIENTS

| | 1 Serving | 6 Servings | 12 Servings |
|---|-----------|------------------|-------------|
| T&E* Thickened Dairy Beverage* | 1/2 cup | 3 cups | 6 cups |
| Pumpkin puree, canned | 3 Tbsp | 1/3 cup + 1 Tbsp | 3/4 cup |
| Sugar | 2 tsp | 1/4 cup | 1/2 cup |
| Pumpkin pie spice blend | 1/4 tsp | 1 1/2 tsp | 1 Tbsp |
| Vanilla extract | 1/8 tsp | 3/4 tsp | 1-1/2 tsp |
| Extra nutmeg, optional | dash | 1/4 tsp | 1/2 tsp |
| T&E* Thickened Coffee Powder (PREPARED)* | 1/2 cup | 3 cups | 6 cups |
| 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 |

DIRECTIONS ⌚ 5 - 10 MINS

1. Pour 1/2 cup prepared THICK & EASY® Thickened Coffee into a mug.
2. Stir together THICK & EASY® Thickened Dairy Beverage, pumpkin, sugar, vanilla and pumpkin pie spice. Heat just to boiling, careful not to allow boil over.
3. Add hot milk mixture to thickened coffee in mug and stir well.
4. Garnish with whipped topping and a sprinkle of spice of choice.

NOTES: Milk thickened to appropriate consistency with thickener can be used in place of THICK & EASY® Thickened Dairy Beverage.

IDDSI LEVELS 2 3

*Use THICK & EASY® Thickened Coffee Powder, Mildly Thick (Level 2) and THICK & EASY® Thickened Beverage Drink, Mildly Thick (Level 2) OR THICK & EASY® Thickened Coffee, Moderately Thick (Level 3) and THICK & EASY® Thickened Dairy Beverage, Moderately Thick (Level 3) to get required consistency.

NUTRITION Serving Size: about 12 fl oz (about 1 1/2 cups) **Calories:** 210 **Total Fat:** 8g **Saturated Fat:** 5g **Cholesterol:** 25mg **Sodium:** 140mg **Total Carb:** 27g **Dietary Fiber:** 1g **Sugars:** 18g **Added Sugars:** 8g **Protein:** 5g **Vitamin D:** 0% DV **Calcium:** 10% DV **Iron:** 4% DV **Potassium:** 6% DV

*Nutrition calculated using Mildly Thick (Level 2) varieties of milk and coffee



Thick & Easy® Thickened Dairy Beverage meets the needs of individuals with swallowing difficulties. It offers all the nutritional benefits of milk.

- Easily identifiable IDDSI labeling
- Convenient single serve packaging
- Easy opening with resealable top
- No mixing errors, eliminates waste
- Suitable for tray service
- Chill and serve



Available in

2 IDDSI Level Mildly Thick

3 IDDSI Level Moderately Thick

| Description | Item # | Sysco # | GFS # | Serving Size | Calories | Fat (g) | Sodium (mg) | CHO (g) | Protein (g) |
|-------------------------|--------|---------|---------|-----------------|----------|---------|-------------|---------|-------------|
| Thickened Dairy Level 2 | 84112 | 5415953 | 1360797 | 8 fl. oz./236mL | 170 | 5 | 210 | 23 | 8 |
| Thickened Dairy Level 3 | 84113 | 5414667 | 1360918 | 8 fl. oz./236mL | 180 | 5 | 240 | 26 | 8 |

Thick & Easy® Thickened Coffee Powders are full of the great freshly-brewed flavor your patients will love.

- Easily identifiable IDDSI labeling
- Convenient single serve packaging
- Reliable consistency in every serving
- No measuring, eliminates waste
- Expand patient beverage selections
- Easy preparation just add 177ml of water



Available in

2 IDDSI Level Mildly Thick

3 IDDSI Level Moderately Thick

| Description | Item # | Sysco # | GFS # | Serving Size | Calories | Fat (g) | Sodium (mg) | CHO (g) | Protein (g) |
|----------------------|--------|---------|-------|----------------|----------|---------|-------------|---------|-------------|
| Coffee IDDSI Level 2 | 81331 | 9905194 | | 1 packet/177mL | 15 | 0 | 80 | 3 | 0 |
| Coffee IDDSI Level 3 | 81327 | 9905193 | | 1 packet/177mL | 20 | 0 | 100 | 5 | 0 |

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INTOGREAT

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