



*simply*thick® The Thickening Gel You Can't Taste®

Instant Food Thickener

Puree Recipe Guide

Entrees

Salads

Vegetables
and Starch

Fruit

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Just SimplyThick[®] gel

Recipes are a foundation for good food and quality care. These recipes have been used and tested in long term care facilities and are accepted for persons eating pureed food. The goal is pleasant taste and safe texture. Please keep in mind:

- ❖ SimplyThick gel aids with pureed food processing. It adds slight bulk, produces smooth and creamy textures and performs well under heat. Foods prepared with SimplyThick gel will not continue to thicken or become “gummy” under hot serving temperatures.
- ❖ SimplyThick gel prevents weeping so appearance remains pleasant during a meal service.
- ❖ By the nature of some foods, there may be a slight texture in appearance but a smooth feel in your mouth.
- ❖ For good practice, taste all pureed foods before service and adjust seasonings as needed. Adding a slight amount of salt, sugar or spices may improve flavor.
- ❖ In some cases, more liquid was added than may be usual to achieve a smooth and creamy outcome. SimplyThick gel was then added to prevent weeping.
- ❖ Nutritional analysis is an estimate as some original recipes may differ. Consult your Dietitian for more information.
- ❖ In many cases, judgment is necessary when pureeing foods. Some food may have more water content and require a slightly different amount of thickener to be used.
- ❖ Processing equipment may vary. Some machines may need to process food longer while others are faster.

Reasons to use SimplyThick[®] gel in your Kitchen

- ❖ Affects flavor to a minimal degree.
- ❖ Does not add additional carbohydrates. Does not affect diabetes glucose levels.
- ❖ Mixes rapidly with many foods and temperatures.
- ❖ Does not affect color of final product.
- ❖ Adds body to foods that makes processing easier.
- ❖ Does not spill on tables, floor, and counters for a cleaner work space.
- ❖ Adds volume to some foods so portion size is not diminished for an improved plate appearance.
- ❖ Adds glistening effect to some foods for improved appearance.
- ❖ Salads and fruits with a high water content will not weep, or breakdown with a liquefied texture.
- ❖ Foods which are difficult to process can be pureed to a smooth creamy texture.
- ❖ Takes less storage space than powdered thickeners.
- ❖ Reduces inventory of pre-thickened juices and other thickened beverages. SimplyThick gel can be used for many foods and beverages.

SimplyThick® gel Recipes

- ❖ Our recipes were developed under the direction of Candace S. Johnson, RD, CSG and tested in long term care facilities in Colorado.
- ❖ The recipes may have a slightly grainy texture in appearance from the food content. The outcome is a smooth mouth feel and acceptable for puree food texture.
- ❖ SimplyThick gel increases the bulk of some foods yet foods may be condensed during processing. As foods vary, use caution when adding extra liquid.
- ❖ Using SimplyThick gel facilitates smoothness and is an excellent thickening agent. It prevents weeping of high water content foods and produces a somewhat shiny appearance to foods.
- ❖ Food Processors vary in speed but most recipes are processed under 5 minutes.
- ❖ Nutritional analysis is an estimate as some recipes may be different. SimplyThick gel does not add calories or carbohydrates. Consult with your Registered Dietitian for more information.
- ❖ Foods processed with SimplyThick gel do not continue to thicken or “gum up” when reheated or held under heat during service.
- ❖ Process foods as close to service as possible for best quality results.
- ❖ Critical Control Points (CCP) are listed for food safety guidelines.
- ❖ Always use judgment for the end result and taste your food before serving. Adjust seasoning.

Packaging Conversions

Due to the flexibility of the packaging, the SimplyThick Puree Recipe Guide was developed using the 64 oz bottle of SimplyThick gel, fitted with the ½ oz pump. This does not mean that you can not use our other packaging sizes for these recipes. Use the conversion chart below to help convert any recipe to your package size:

1 15g Nectar Packet
= 1 pump stroke

1 30g Honey Packet
= 2 pump strokes

1 120g Nectar Packet
= 8 pump strokes

1 240g Honey Packet
= 16 pump strokes

# of Strokes	1	2	8	16	24	32	40	48
# of 15g Nectar Packets	1	2	8	16	24	32	40	48
# of 30g Honey Packets	–	1	4	8	12	16	20	24
# of 120g Nectar Packets	–	–	1	2	3	4	5	6
# of 240g Honey Packets	–	–	–	1	–	2	–	3

Quick Puree Guide

- ❖ Keep processing blades sharp and check routinely for blade condition.
- ❖ Do not fill a food processing bowl more than 2/3 full.
- ❖ Do not place hot foods in a plastic food processing bowl.
Allow to cool before processing.
- ❖ Foods process best when cold or cooled. Hot food can be cooled at room temperature to approximately 100°F.
- ❖ Cover and reheat hot foods in an oven or steamer after processing.

WARNING: DO NOT FEED SimplyThick To Premature Infants

DISCLAIMER – Although information provided is believed to be true and accurate, SimplyThick, LLC (ST) cannot anticipate all actual situations and/or conditions of use. ST cannot assure the suitability of SimplyThick® for any particular situation or that SimplyThick® will work in every situation. Do not self-diagnose or self-treat swallowing problems, also commonly termed dysphagia. Swallowing problems and/or dysphagia can be a serious medical condition that should only be treated with proper medical supervision. If you have any questions about use of SimplyThick®, consult your doctor or physician.

US Patent # 7,638,150. Canadian Patent # 2,459,924.

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Entrees

Entrees

Baked Chicken

Menu Portion: 2 ounces / **Puree Portion:** #12 scoop

Ingredients	3 portions	10 portions	20 portions
Baked Chicken, boneless	6 ounces	1 1/4 pounds	2 1/2 pounds
Chicken Broth	1/4 cup	1 cup	2 cups
SimplyThick®gel	2 strokes	5 strokes	10 strokes



Preparation Instructions:

CCP: Bake chicken according to facility recipe to 165°F.

Cool chicken slightly for 10 minutes. Remove meat and skin from bone.

Portion chicken and place in food processing bowl. Do not fill bowl more than 2/3 full.

Process meat for 1-2 minutes.

Add broth and SimplyThick gel, process for 1 minute.

Taste chicken and season as needed.

Pour into steam table pan and cover.

CCP: Reheat to at least 165°F.

CCP: Place on steam table for service. Stir briefly before serving.

Nutrition Information

Serving Size	2 ounces
Calories	138
Protein	16 grams
Carbohydrates	0 grams
Fat	8 grams

Baked Fish

Menu Portion: 2 ounces / **Puree Portion:** #10 scoop

Ingredients	3 portions	10 portions	20 portions
Baked Fish, Cod	6 ounces	1 1/4 pounds	2 1/2 pounds
Chicken Broth	1/4 cup	1 cup	2 cups
SimplyThick®gel	3 strokes	10 strokes	20 strokes
Lemon Juice	To Taste	To Taste	To Taste



Preparation Instructions:

Prepare fish per recipe instructions. Let cool slightly for processing.

Process fish for 3 minutes until smooth.

Add chicken broth and SimplyThick gel.

Process for 3 minutes until smooth.

Taste fish and season as needed.

Pour into steam table pan and cover.

CCP: Reheat to at least 165°F and hold until service.

Stir before serving.

Nutrition Information

Serving Size 2 ounces

Calories 100

Protein 14 grams

Carbohydrates 1 gram

Fat 4 grams

Baked Ham

Menu Portion: 3 ounces / Puree Portion: #8 scoop

Ingredients	2 portions	10 portions	20 portions
Ham, cooked	6 ounces	30 ounces	3 3/4 pounds
Ham Broth	1/4 cup	1 1/4 cups	2 1/2 cups
SimplyThick®gel	2 strokes	7 1/2 strokes	15 strokes



Preparation Instructions:

CCP: Keep meat refrigerated until ready to cook.

CCP: Cook ham according to recipe or label instructions to a temperature of 165°F.

Let ham cool slightly before processing approximately 10 minutes.

Place ham, broth and SimplyThick gel in food processing bowl.

Process for 2-3 minutes.

Pour into steam table pan and cover.

CCP: Reheat to at least 160°F.

CCP: Place on steam table for service. Stir briefly before serving.

Nutrition Information

Serving Size 3 ounces

Calories 126

Protein 17 grams

Carbohydrates 0 grams

Fat 6 grams

Beef Patties

Menu Portion: 3 ounces / Puree Portion: #10 scoop

Ingredients	5 portions	10 portions	20 portions
Ground Beef Patties	1 pound	2 pounds	4 pounds
Beef Broth	6 ounces	12 ounces	24 ounces
SimplyThick® gel	5 strokes	10 strokes	18 strokes

Preparation Instructions:

CCP: Keep ground beef in refrigeration below 41°F or frozen below 0°F until ready to use.

CCP: Cook ground beef patties per label instructions or recipe to 165°F.

Cool beef patties slightly, approximately 10 minutes.

Process beef patties and beef broth 4 minutes until smooth.

Do not fill food processing bowl more than 2/3 full.

Add SimplyThick gel and process for 1 minute.

Taste beef patties and season as necessary.

Pour into steam table pan and cover.

CCP: Reheat to at least 165°F.

CCP: Place on steam table for service. Stir briefly before serving.



Nutrition Information

Serving Size 3 ounces

Calories 212

Protein 21 grams

Carbohydrates 5 grams

Fat 12 grams

Beef Stew

Menu Portion: 6 ounces / Puree Portion: 6 ounces

Ingredients	3 portions	10 portions	20 portions
Beef Stew, prepared	3 cups	10 cups	20 cups
SimplyThick® gel	2 strokes	5 strokes	10 strokes



Preparation Instructions:

- CCP: Prepare beef stew per facility or label instructions.
- Cool beef stew slightly for 10 minutes and place in food processing bowl.
- Do not fill bowl more than 2/3 full.
- Add SimplyThick gel and process for 3 minutes.
- Taste and season beef stew as needed.
- Pour into steam table pan and cover.
- CCP: Reheat to at least 165°F and hold until service.
- Stir before serving.

Nutrition Information

Serving Size	6 ounces
Calories	200
Protein	16 grams
Carbohydrates	18 grams
Fat	6 grams

Breaded Fish

Menu Portion: 4 ounces* / Puree Portion: 1 cup

Ingredients	2 portions	10 portions	20 portions
Breaded Fish Filets	9.6 ounces	3 pounds	6 pounds
Tartar Sauce	2 1/2 Tbsp	3/4 cup	1 1/2 cups
Chicken Broth	3 ounces	1 1/4 cups	2 1/2 cups
SimplyThick® gel	3 strokes	13 strokes	26 strokes



Preparation Instructions:

Cook fish per manufacturers instructions. Cool slightly.

Process fish for 3 minutes until smooth.

Add tartar sauce, chicken broth and SimplyThick gel.

Process for 3 minutes until smooth.

Taste fish and season as needed.

Pour into steam table pan and cover.

CCP: Place in pan, cover and reheat to 160°F.

CCP: Place on steam table. Stir before serving.

NOTE: Breaded fish often becomes gummy with over-breaded taste. This recipe produces a satin smooth texture with a pleasant fish and sauce taste.

* Check with vendor for exact fish portion. Some manufacturers vary.

Nutrition Information

Serving Size 4 ounces

Calories 446

Protein 16 grams

Carbohydrates 26 grams

Fat 32 grams

Chicken Pot Pie

Menu Portion: 6 ounces / **Puree Portion:** 1 cup

Ingredients	3 portions	10 portions	20 portions
Chicken Pot Pie	18 ounces	4 pounds	8 pounds
Whole Milk	1 cup	3 1/2 cups	7 cups
SimplyThick®gel	2 strokes	7 strokes	14 strokes

Preparation Instructions:

CCP: Keep chicken pot pie frozen at 0°F until ready to cook and prepare pot pie per facility recipe.

Cool chicken pot pie slightly for 10 minutes.

Place in food processing bowl and do not fill more than 2/3 full.

Process pot pie for 1-2 minutes.

Add cold milk and SimplyThick gel, process for 1 minute until smooth and creamy.

Taste chicken pot pie and season as needed.

Pour into steam table pan and cover.

CCP: Reheat to at least 165°F.

CCP: Place on steam table for service. Stir briefly before serving.



Nutrition Information

Serving Size	6 ounces
Calories	429
Protein	13 grams
Carbohydrates	37 grams
Fat	26 grams

Country Gravy

Menu Portion: 1-2 ounces / **Puree Portion:** 1-2 ounces

Ingredients	2 portions	10 portions	20 portions
Whole Milk	1 cup	5 cups	10 cups
SimplyThick® gel	2 strokes	3 strokes	6 strokes
Seasonings	To Taste	To Taste	To Taste
Garlic Powder			
Onion Powder			
White or Black Pepper			

Preparation Instructions:

CCP: Keep milk refrigerated at 41°F or lower until ready to use.

Heat milk to 160°F. (Can be done in microwave for 60-90 seconds.)

Mix SimplyThick gel, seasonings and whisk with wire whip.

Sauce will be somewhat foamy.

Taste gravy and season as needed.

CCP: Pour into steam table pan and cover.

NOTE: May use low fat milk for lower fat cream gravy. SimplyThick gel gives thick creamy texture. A very fast alternative for white sauce.



Nutrition Information

Serving Size	2 ounces
Calories	34
Protein	2 grams
Carbohydrates	3 grams
Fat	2 grams

Fried Chicken

Menu Portion: 4 ounces (with bone) / **Puree Portion:** #6 scoop

Ingredients	3 portions	10 portions	20 portions
Fried Chicken, prepared	12 ounces	2 1/2 pounds	5 pounds
Chicken Broth	9 tablespoons	2 cups	4 cups
SimplyThick®gel	3 strokes	10 strokes	20 strokes

Preparation Instructions:

- CCP: Bake chicken according to facility recipe to 165°F.
- Cool chicken slightly for 10 minutes. Remove meat and skin from bone.
- Portion chicken with cooked skin and place in food processing bowl.
- Do not fill bowl more than 2/3 full.
- Process meat with skin for 1-2 minutes.
- Add broth and SimplyThick gel, process for 1 minute.
- Taste fried chicken and season as needed.
- Pour into steam table pan and cover.
- CCP: Reheat to at least 165°F.
- CCP: Place on steam table for service. Stir briefly before serving.

NOTE: Add crispy fried chicken skin to food processing bowl for more calories and fried chicken taste.



Nutrition Information

Serving Size	3 ounces (no bone)
Calories	296
Protein	17 grams
Carbohydrates	14 grams
Fat	19 grams

Macaroni and Cheese

Menu Portion: 1 cup / Puree Portion: 1 cup

Ingredients	3 portions	10 portions	20 portions
Macaroni and Cheese	3 cups	2 1/2 quarts	1 1/4 gallons
Whole Milk	1 cup	3 1/3 cups	6 1/2 cups
SimplyThick® gel	5 strokes	17 strokes	32 strokes



Preparation Instructions:

CCP: Prepare macaroni and cheese per facility recipe.

Cool slightly after cooking for approximately 30 minutes at room temperature.

Process for 30 seconds, do not fill food processing bowl more than 2/3 full.

Add cold milk and SimplyThick gel.

Process for 2 minutes. Scrape down bowl as necessary halfway through processing.

Pour into steam table pan and cover.

CCP: Heat to 160°F for service.

Taste macaroni and cheese, season as needed.

CCP: Place on steam table, hold for service.

NOTE: If dish is saucy with cheese sauce, less SimplyThick gel may be needed. A key to success is to cool the dish first. Nutrition content will vary with original recipe. Adding cheese sauce as garnish will add to recipe contents.

Nutrition Information

Serving Size 1 cup

Calories 460

Protein 13 grams

Carbohydrates 50 grams

Fat 8.5 grams

Meat Gravy

Menu Portion: 2-3 ounces / **Puree Portion:** 3 ounces

Ingredients	3-4 portions	10 portions	20 portions
Water	1 cup	3 1/3 cups	6 2/3 cups
Meat Base	1 1/2 teaspoons	3 1/2 teaspoons	2 tablespoons
SimplyThick® gel	3 strokes	8 strokes	16 strokes
Seasonings	To Taste	To Taste	To Taste
Garlic Powder			
Onion Powder			
White or Black Pepper			

Preparation Instructions:

CCP: Heat water and meat base to 160°F.

(Alternative method: Heat in microwave or 60-90 seconds.)

Mix SimplyThick gel with seasonings and whisk with wire whip.

Sauce will be somewhat foamy.

Taste gravy and season as needed.

CCP: Pour into steam table pan and cover.

NOTE: Very fast alternative for meat sauces. Can add dark coloring for garnishing.



Nutrition Information

Serving Size	2 ounces
Calories	0
Protein	0 grams
Carbohydrates	0 grams
Fat	0 grams

Meat Lasagna

Menu Portion: 6 ounces / Puree Portion: #6 scoop

Ingredients	2 portions	10 portions	20 portions
Meat Lasagna	12.75 ounces	2 3/4 pounds	5 1/4 pounds
Whole Milk or Tomato Sauce	1/2 cup	1 3/4 cups	3 1/2 cups
SimplyThick®gel	2 strokes	7 strokes	13 strokes

Preparation Instructions:

CCP: Cook lasagna according to preparation instructions (label or recipe).

Cool slightly after cooking but not over 10 minutes at room temperature.

Place in food processing bowl and process for 3 minutes until blended.

Add cold milk or tomato sauce and SimplyThick gel.

Taste and season lasagna as needed.

Process for 2 minutes.

Pour into steam table pan and cover.

CCP: Reheat to at least 165°F.

Stir before serving.



Nutrition Information with Milk / Tomato Sauce

Serving Size	6 ounces
Calories	352/325
Protein	23/21 grams
Carbohydrates	14/12 grams
Fat	33/35 grams

Meatballs in Sauce

Menu Portion: 8 ounces / **Puree Portion:** 6 ounces, heaping

Ingredients	2 portions	10 portions	20 portions
Meatballs, cooked	6 ounces	30 ounces	60 ounces
Marinara or Swedish Sauce	1 cup	10 cups	1 1/4 quarts
SimplyThick®gel	2 strokes	10 strokes	20 strokes

Preparation Instructions:

CCP: Keep meatballs or ground beef frozen at 0°F or lower until ready to cook.

If using ground beef, thaw under refrigeration at 41°F or lower.

Cook meatballs per facility recipe or label instructions.

CCP: Prepare sauce per facility recipe or label instructions. Heat to 165°F.

Cool meat and sauce slightly for 10 minutes and place in food processing bowl.

Add SimplyThick gel. Do not fill food processing bowl more than 2/3 full.

Process mixture for 3 minutes.

Taste and season meatballs as needed.

Pour into steam table pan and cover.

CCP: Reheat to at least 165°F and hold until service. Stir before serving.

NOTE: Garnish with Parmesan cheese for Marinara sauce or ground dried parsley for Swedish meatballs.



Nutrition Information

Serving Size 8 ounces

Calories 227

Protein 16 grams

Carbohydrates 14 grams

Fat 12 grams

Meat Loaf

Menu Portion: 3 ounces / **Puree Portion:** #8 scoop

Ingredients	2 portions	10 portions	20 portions
Meat Loaf	6 ounces	2 pounds	4 pounds
Gravy	1/2 cup	2 1/2 cups	5 cups
SimplyThick®gel	1 stroke	5 strokes	10 strokes



Preparation Instructions:

CCP: Prepare meat loaf per facility recipe.

Cool meat loaf slightly, approximately 10 minutes.

Process meat loaf and gravy for 4 minutes until smooth.

Add SimplyThick gel. Do not fill food processing bowl more than 2/3 full.

Process for 2 more minutes.

Pour into steam table pan and cover.

CCP: Reheat to at least 165°F and hold until service.

Stir before serving.

Nutrition Information

Serving Size 3 ounces

Calories 235

Protein 15 grams

Carbohydrates 8 grams

Fat 12 grams

Pork Chops

Menu Portion: 3 ounces / Puree Portion: #8 scoop

Ingredients	3 portions	10 portions	20 portions
Pork Chops	8 ounces	1 pound 10 oz	3 1/4 pounds
Meat Broth	6 ounces	1 1/4 cups	2 1/2 cups
Bread Crumbs	3 tablespoons	10 tablespoons	1 1/4 cups
SimplyThick® gel	3 strokes	10 strokes	20 strokes



Preparation Instructions:

CCP: Keep pork chops refrigerated until ready to cook.

Cook according to package instructions or recipe.

Cool pork chops for puree diets for 10 minutes.

Process pork chops and broth 3 minutes until finely minced.

Add SimplyThick gel and bread crumbs.

Do not fill food processing bowl more than 2/3 full.

Process for 3 minutes.

Taste pork chops and season as necessary.

Pour into steam table pan and cover.

CCP: Reheat to at least 160°F.

CCP: Place on steam table for service. Stir briefly before serving.

Nutrition Information

Serving Size 3 ounces

Calories 213

Protein 20 grams

Carbohydrates 12 grams

Fat 5 grams

Roast Beef

Menu Portion: 2 ounces / **Puree Portion:** #10 scoop

Ingredients	3 portions	10 portions	20 portions
Roast Beef, cooked	6 ounces	1 1/4 pounds	2 1/2 pounds
Beef Broth	1/4 cup	3/4 cups	1 3/4 cups
SimplyThick®gel	3 strokes	10 strokes	20 strokes



Preparation Instructions:

CCP: Cook roast beef to an internal temperature of at least 155°F.

Remove meat from oven and cool slightly or quick chill.

Portion meat and place in food processing bowl.

Process meat at 30 second intervals, scraping bowl after each pulse.

Add broth and SimplyThick gel, process for 1 minute.

Taste roast beef and season as necessary.

Pour into steam table pan and cover.

CCP: Reheat to at least 165°F.

CCP: Place on steam table for service. Stir briefly before serving.

Nutrition Information

Serving Size 2 ounces

Calories 152

Protein 18 grams

Carbohydrates 0 grams

Fat 9 grams

Roast Turkey

Menu Portion: 2 ounces / **Puree Portion:** #12 scoop

Ingredients	3 portions	10 portions	20 portions
Baked Turkey	6 ounces	1 1/4 pounds	2 1/2 pounds
Turkey Broth	1/4 cup	1 cup	2 cups
SimplyThick®gel	2 strokes	7 strokes	14 strokes



Preparation Instructions:

CCP: Cook turkey to an internal temperature of at least 155°F .

Remove meat from oven and cool slightly or quick chill.

Portion meat and place in food processing bowl.

Process meat for 1 minute.

Add broth and SimplyThick gel, process for 1 minute.

Taste turkey and season as necessary.

Pour into steam table pan and cover.

CCP: Reheat to at least 165°F.

CCP: Place on steam table for service. Stir briefly before serving.

Nutrition Information

Serving Size 2 ounces

Calories 115

Protein 19 grams

Carbohydrates 0 grams

Fat 4 grams

Salisbury Steak

Menu Portion: 3 ounces / Puree Portion: #6 scoop

Ingredients	3 portions	10 portions	20 portions
Salisbury Steak, cooked	9 ounces	2 pounds	4 pounds
Beef Gravy	1 cup	3 1/2 cups	7 cups
SimplyThick® gel	4 strokes	13 strokes	26 strokes



Preparation Instructions:

CCP: Cook salisbury steak per facility or label instructions.

Cool steaks slightly for 10 minutes and place in food processing bowl.

Add gravy and SimplyThick gel. Do not fill food processing bowl more than 2/3 full.

Process meat and ingredients for 3 minutes.

Taste salisbury steak and season as needed.

Pour into steam table pan and cover.

CCP: Reheat to at least 165°F and hold until service.

Stir before serving.

Nutrition Information

Serving Size 3 ounces

Calories 231

Protein 19 grams

Carbohydrates 8 grams

Fat 13 grams

Stuffed Pepper

Menu Portion: 10 ounces / **Puree Portion:** 8 ounces

Ingredients	1 portions	10 portions	20 portions
Stuffed Pepper	10 ounces	6 1/2 pounds	13 pounds
SimplyThick® gel	3 strokes	30 strokes	60 strokes



Preparation Instructions:

Cook stuffed pepper in sauce per facility recipe or as purchased with label instructions.

Place stuffed pepper, sauce and SimplyThick gel in food processing bowl and process for 4 minutes.

Taste stuffed pepper and season as needed.

Pour into prepared steam table pan and cover.

CCP: Heat to at least 165°F in steamer or oven.

CCP: Place on steam table for service. Stir briefly before serving.

NOTE: Use a recipe with ground beef filling; rice dilutes protein content.

Nutrition Information

Serving Size 10 ounces

Calories 279

Protein 14 grams

Carbohydrates 24 grams

Fat 14 grams

Tuna Noodle Casserole

Menu Portion: 6 ounces / **Puree Portion:** 6 ounces

Ingredients	2 portions	10 portions	20 portions
Tuna Noodle Casserole	12 ounces	3 3/4 pounds	7 1/2 pounds
SimplyThick® gel	1 stroke	5 strokes	10 strokes



Preparation Instructions:

CCP: Cook tuna noodle casserole as per recipe. Heat to 165°F.

Allow tuna noodle casserole to cool slightly for 10 minutes.

Place in food processing bowl. Do not fill more than 2/3 full.

Add SimplyThick gel and process for 3 minutes.

Taste and season tuna noodle casserole as needed.

Pour into steam table pan and cover.

CCP: Reheat to at least 165°F and hold until service.

Stir before serving.

Nutrition Information

Serving Size 6 ounces

Calories 323

Protein 22 grams

Carbohydrates 26 grams

Fat 13 grams

Salads

Salads

Creamy Coleslaw

Menu Portion: 1/2 cup / **Puree Portion:** 1/2 cup, slightly heaping

Ingredients	4 portions	10 portions	20 portions
Coleslaw	1 1/2 cups	3 3/4 cups	7 1/2 cups
Whole Milk	1/4 cup	3/4 cup	1 1/3 cups
SimplyThick®gel	2 strokes	5 strokes	10 strokes



Preparation Instructions:

CCP: Prepare coleslaw and keep at 41°F or below until ready to prepare.

CCP: Keep milk chilled at or below 41°F until ready to use.

Place coleslaw in food processing bowl. Do not fill bowl more than 2/3 full.

Process for 2 minutes.

Add cold milk and SimplyThick gel to food processing bowl.

Process for 2 minutes or until smooth.

CCP: Place coleslaw under refrigeration and keep at 41°F or below until ready to serve.

CCP: Keep on ice during service.

Nutrition Information

Serving Size	1/2 cup
Calories	180
Protein	1 gram
Carbohydrates	17 grams
Fat	13 grams

Fresh Tomatoes

Menu Portion: 1/2 cup / **Puree Portion:** 1/2 cup

Ingredients	6 portions	12 portions	24 portions
Fresh Tomatoes, diced	3 cups	6 cups	12 cups
SimplyThick® gel	2 strokes	4 strokes	8 strokes



Preparation Instructions:

CCP: Wash tomatoes, dice using clean cutting board and knife.

Place diced tomatoes in food processing bowl. Do not fill bowl more than 2/3 full.

Process for 2 minutes.

Add SimplyThick gel to food processing bowl.

Process for 2 minutes or until smooth.

Taste tomatoes and season with herbs, touch of salad dressing or small amount of salt.

CCP: Chill to 41°F and keep on ice during service.

NOTE: Final product may have small pieces of tomato skin. Check with speech therapist before using.

Nutrition Information

Serving Size	1/2 cup
Calories	18
Protein	< 1 gram
Carbohydrates	3 grams
Fat	0 grams

Potato Salad

Menu Portion: 1/2 cup / **Puree Portion:** #8 scoop

Ingredients	5 portions	10 portions	20 portions
Potato Salad	1 1/2 cups	3 cups	6 cups
Whole Milk	1/2 cup	2 1/2 cups	5 cups
SimplyThick®gel	2 strokes	4 strokes	8 strokes



Preparation Instructions:

CCP: Prepare potato salad and keep at 41°F or below until ready to prepare.

Place potato salad in food processing bowl. Do not fill bowl more than 2/3 full.

Process for 2 minutes.

Add cold milk and SimplyThick gel directly to food processing bowl.

Process for 2 minutes or until smooth.

CCP: Place potato salad under refrigeration and keep at 41°F or below until ready to serve.

CCP: Keep on ice during service.

Nutrition Information

Serving Size 1/2 cup

Calories 195

Protein 4 grams

Carbohydrates 11 grams

Fat 15 grams

Tossed Salad

Menu Portion: 1/2 cup / Puree Portion: #12 scoop

Ingredients	6 portions	10 portions	20 portions
Tossed Salad Mix	6 cups	10 cups	20 cups
Croutons	1/2 cup	3/4 cup	1 1/2 cups
Salad Dressing	1/4 cup	1/2 cup	1 cup
SimplyThick® gel	6 strokes	10 strokes	20 strokes



Preparation Instructions:

CCP: Chill lettuce greens/mix and dressing to 41°F until ready to process.

Place all ingredients in food processing bowl, do not fill more than 2/3 full.

Process for 3-4 minutes.

CCP: Place in bowls and let chill to 41°F.

Garnish with salad dressing or dollop of mayonnaise.

CCP: Serve chilled less than 41°F, place on ice during service.

NOTE: SimplyThick gel provides additional body and prevents weeping of liquid.

Croutons and dressing improve flavor. Color of salad will be affected by the type of salad dressing used.

Italian = yellow/green Ranch = light pink Balsamic Vinegar = dark green

Nutrition Information

Serving Size 1 cup
(regular texture)

Calories 109

Protein 3 grams

Carbohydrates 8 grams

Fat 8 grams

Tuna Salad

Menu Portion: 3 ounces / **Puree Portion:** #10 scoop

Ingredients	3 portions	10 portions	20 portions
Tuna Salad, prepared	1 cup	3 1/2 cups	7 cups
Whole Milk	1/2 cup	1 3/4 cups	3 1/2 cups
SimplyThick®gel	4 strokes	13 strokes	26 strokes



Preparation Instructions:

CCP: Prepare tuna salad per facility recipe or use prepared tuna salad.

Chill to 41°F.

Place tuna salad, SimplyThick gel and cold milk in food processing bowl.

Process for 2-3 minutes.

CCP: Chill tuna salad to 41°F for service.

Garnish with paprika.

Nutrition Information

Serving Size	3 ounces
Calories	163
Protein	13.5 grams
Carbohydrates	9 grams
Fat	8 grams

Vegetables and Starch

Vegetables
and Starch

Broccoli

Menu Portion: 1/2 cup / **Puree Portion:** #10 scoop

Ingredients	4 portions	10 portions	20 portions
Chopped Broccoli, frozen	2 1/4 cups	5 3/4 cups	11 1/2 cups
Margarine	4 teaspoons	10 teaspoons	1 1/4 cups
Chicken Broth	1/2 cup	1 1/4 cups	2 1/2 cups
SimplyThick® gel	2 strokes	5 strokes	10 strokes



Preparation Instructions:

CCP: Keep broccoli frozen at 0°F or colder until ready to cook.

Cook broccoli according to menu recipe or label instructions.

Cool broccoli slightly for approximately 10 minutes.

Drain as much excess cooking liquid as possible.

Place cooled broccoli in food processing bowl. Do not fill more than 2/3 full.

Process broccoli, SimplyThick gel, margarine and broth for 1-2 minutes until creamy and smooth.

CCP: Place in pan, cover and reheat to 160°F.

CCP: Place on steam table. Stir before service.

Nutrition Information

Serving Size 1/2 cup

Calories 67

Protein 4 grams

Carbohydrates 6 grams

Fat 4 grams

Buttered Rice

Menu Portion: 1/2 cup / **Puree Portion:** #10 scoop

Ingredients	4 portions	10 portions	20 portions
Rice, cooked	1 1/2 cups	3 3/4 cups	7 1/2 cups
Margarine	4 teaspoons	10 teaspoons	1 1/4 cups
Whole Milk	9 tablespoons	1 1/2 cups	3 cups
SimplyThick® gel	3 strokes	8 strokes	15 strokes



Preparation Instructions:

CCP: Cook rice in salted, boiling water. Cook until soft and slightly overcooked.

Drain rice and rinse in cold water.

Place cooled rice in food processing bowl. Do not fill more than 2/3 full.

Process rice, SimplyThick gel, margarine, and milk for 3-4 minutes until creamy and smooth.

CCP: Place in pan, cover and reheat to 160°F.

CCP: Place on steam table. Stir before service.

Nutrition Information

Serving Size 1/2 cup

Calories 132

Protein 3 grams

Carbohydrates 18 grams

Fat 5 grams

Carrots

Menu Portion: 1/2 cup / **Puree Portion:** #10 scoop

Ingredients	4 portions	10 portions	20 portions
Carrots, frozen	2 cups	5 cups	10 cups
Margarine	4 teaspoons	10 teaspoons	1 1/4 cups
Chicken Broth	6 tablespoons	1 cup	2 cups
SimplyThick® gel	2 strokes	5 strokes	10 strokes



Preparation Instructions:

CCP: Keep carrots frozen at 0°F or colder until ready to cook.

Cook carrots according to menu recipe or label instructions.

Cool carrots slightly for approximately 10 minutes.

Drain as much excess cooking liquid as possible.

Place cooled carrots in food processing bowl. Do not fill more than 2/3 full.

Process carrots, SimplyThick gel, margarine, and broth for 1-2 minutes until creamy and smooth.

CCP: Place in pan, cover and reheat to 160°F.

CCP: Place on steam table. Stir before service.

Nutrition Information

Serving Size 1/2 cup

Calories 62

Protein 1 gram

Carbohydrates 6 grams

Fat 4 grams

Corn

Menu Portion: 1/2 cup / **Puree Portion:** #8 scoop

Ingredients	4 portions	10 portions	20 portions
Corn, canned	2 cups	10 cups	20 cups
Margarine	4 teaspoons	10 teaspoons	1 1/4 cups
Chicken Broth	3/4 cup	2 cups	4 cups
SimplyThick® gel	3 strokes	8 strokes	15 strokes



Preparation Instructions:

CCP: Wash can lid before opening.

Cook corn according to menu recipe or label instructions.

Cool corn slightly for approximately 10 minutes.

Drain as much excess cooking liquid as possible.

Place cooled corn in food processing bowl. Do not fill more than 2/3 full.

Process corn, SimplyThick gel, margarine, and broth for 3-4 minutes until creamy and smooth.

CCP: Place in pan, cover and reheat to 160°F.

CCP: Place on steam table. Stir before service.

NOTE: Adding 1-2 teaspoons sugar may help accent sweet corn flavor.

Nutrition Information

Serving Size 1/2 cup

Calories 131

Protein 3 grams

Carbohydrates 19 grams

Fat 5 grams

Creamed Corn

Menu Portion: 1/2 cup / Puree Portion: #8 scoop

Ingredients	3 portions	10 portions	20 portions
Creamed Corn	1 1/2 cups	5 cups	10 cups
Margarine	3 teaspoons	10 teaspoons	1 1/4 cups
SimplyThick® gel	6 strokes	20 strokes	40 strokes



Preparation Instructions:

CCP: Wash can lid before opening.

Cook corn according to menu recipe or label instructions.

Cool corn slightly for approximately 10 minutes.

Place cooled corn in food processing bowl. Do not fill more than 2/3 full.

Process corn, SimplyThick gel, and margarine for 3-4 minutes until creamy and smooth.

CCP: Place in pan, cover and reheat to 160°F.

CCP: Place on steam table. Stir before service.

NOTE: Adding 1-2 teaspoons sugar may help accent sweet corn flavor.

Nutrition Information

Serving Size 1/2 cup

Calories 134

Protein 2 grams

Carbohydrates 24 grams

Fat 5 grams

Egg Noodles

Menu Portion: 1/2 cup / Puree Portion: #10 scoop

Ingredients	4 portions	10 portions	20 portions
Egg Noodles, cooked	2 1/4 cups	5 3/4 cups	11 1/2 cups
Margarine	4 teaspoons	10 teaspoons	1 1/4 cups
Whole Milk	6 ounces	15 ounces	30 ounces
SimplyThick® gel	3 strokes	8 strokes	15 strokes



Preparation Instructions:

CCP: Cook noodles in salted, boiling water. Cook until soft and slightly overcooked.

Drain noodles and rinse in cold water.

Place cooled noodles in food processing bowl. Do not fill more than 2/3 full.

Process noodles, SimplyThick gel, margarine, and cold milk for 3-4 minutes until creamy and smooth.

CCP: Place in pan, cover and reheat to 160°F.

CCP: Place on steam table. Stir before service.

Nutrition Information

Serving Size 1/2 cup

Calories 154

Protein 5 grams

Carbohydrates 20 grams

Fat 6 grams

Green Beans

Menu Portion: 1/2 cup / **Puree Portion:** #12 scoop

Ingredients	4 portions	10 portions	20 portions
Green Beans, frozen	2 cups	5 cups	10 cups
Margarine	4 teaspoons	4 tablespoons	8 tablespoons
SimplyThick®gel	1 stroke	3 strokes	5 strokes



Preparation Instructions:

CCP: Keep green beans frozen at 0°F or colder until ready to cook.

Cook green beans according to menu recipe or label instructions.

Cool green beans slightly for approximately 10 minutes.

Drain as much excess cooking liquid as possible.

Place cooled green beans in food processing bowl. Do not fill more than 2/3 full.

Process for 3 minutes until smooth.

Add margarine and SimplyThick gel. Process for 1 more minute.

CCP: Place in pan, cover and reheat to 160°F.

CCP: Place on steam table. Stir before service.

Nutrition Information

Serving Size 1/2 cup

Calories 53

Protein 1 gram

Carbohydrates 4 grams

Fat 4 grams

Green Peas

Menu Portion: 1/2 cup / **Puree Portion:** #12 scoop

Ingredients	3 portions	10 portions	20 portions
Green Peas, frozen	2 cups	6 cups	12 cups
Margarine	4 teaspoons	4 tablespoons	8 tablespoons
SimplyThick® gel	1 stroke	3 strokes	6 strokes



Preparation Instructions:

CCP: Keep peas frozen at 0°F or colder until ready to cook.

Cook peas according to menu recipe or label instructions.

Cool peas slightly for approximately 10 minutes.

Drain as much excess cooking liquid as possible.

Place cooled peas in food processing bowl. Do not fill more than 2/3 full.

Process for 4 minutes until smooth.

Add margarine and SimplyThick gel. Process for 1 more minute.

CCP: Place in pan, cover and reheat to 160°F.

CCP: Place on steam table. Stir before service.

Nutrition Information

Serving Size 1/2 cup

Calories 96

Protein 4 grams

Carbohydrates 12 grams

Fat 4 grams

Hash Browned Potatoes

Menu Portion: 3 ounces / **Puree Portion:** #8 scoop

Ingredients	3 portions	10 portions	20 portions
Hash Browned Patties	9.7 oz. (approx 5)	32 ounces	64 ounces
Meat Broth	1 cup	3 1/3 cups	6 2/3 cups
Vegetable Oil	2 tablespoons	6 tablespoons	3/4 cup
SimplyThick® gel	2 strokes	7 strokes	14 strokes



Preparation Instructions:

CCP: Keep hash browned patties frozen at 0°F or less until ready to cook.

Cook according to package instructions.

Cool slightly for 10 minutes. Place in food processing bowl.

Do not fill more than 2/3 full.

Add SimplyThick gel, broth and oil.

Process for 5 minutes (necessary to process all crisp potatoes).

CCP: Place in pan, cover and reheat to 160°F.

CCP: Place on steam table.

Nutrition Information

Serving Size 3 ounces

Calories 165

Protein 2 grams

Carbohydrates 16 grams

Fat 11 grams

Mixed Vegetables

Menu Portion: 1/2 cup / **Puree Portion:** #12 scoop

Ingredients	3 portions	10 portions	20 portions
Mixed Vegetables, frozen	2 cups	6 cups	12 cups
Margarine	4 teaspoons	4 tablespoons	8 tablespoons
SimplyThick® gel	1 stroke	3 strokes	6 strokes

Preparation Instructions:

CCP: Keep mixed vegetables frozen at 0°F or cooler until ready to cook.

Cook mixed vegetables according to menu recipe or label instructions.

Cool vegetables slightly for approximately 10 minutes.

Drain as much excess cooking liquid as possible.

Place cooled mixed vegetables in food processing bowl. Do not fill more than 2/3 full.

Process for 3 to 4 minutes until smooth.

Add margarine and SimplyThick gel. Process for 1 more minute.

CCP: Place in pan, cover and reheat to 160°F.

CCP: Place on steam table. Stir before service.

NOTE: Color is yellow green, smooth and slight vegetable starch taste. Shape is soft solid when plated.



Nutrition Information

Serving Size 1/2 cup

Calories 88

Protein 3 grams

Carbohydrates 12 grams

Fat 4 grams

Spinach

Menu Portion: 1/2 cup / Puree Portion: #8 scoop

Ingredients	2 portions	10 portions	20 portions
Spinach, frozen	1 cup	5 cups	10 cups
Margarine	2 teaspoons	10 teaspoons	7 tablespoons
Chicken Broth	2 tablespoons	10 tablespoons	1 1/4 cups
SimplyThick® gel	1 stroke	5 strokes	10 strokes

Preparation Instructions:

CCP: Keep spinach frozen at 0°F or colder until ready to cook.

Cook spinach according to menu recipe or label instructions.

Cool spinach slightly for approximately 10 minutes.

Drain as much excess cooking liquid as possible.

Place cooled spinach in food processing bowl. Do not fill more than 2/3 full.

Process spinach, SimplyThick gel, margarine, and broth for 1-2 minutes until creamy and smooth.

CCP: Place in pan, cover and reheat to 160°F.

CCP: Place on steam table. Stir before service.



Nutrition Information

Serving Size 1/2 cup

Calories 62

Protein 3 grams

Carbohydrates 4 grams

Fat 4 grams

Fruit

Fruit

Fresh Strawberries

Menu Portion: 1/2 cup / **Puree Portion:** #8 scoop

Ingredients	4 portions	10 portions	20 portions
Strawberries, fresh	3 cups	7 1/2 cups	15 cups
SimplyThick® gel	2 strokes	5 strokes	10 strokes



Preparation Instructions:

CCP: Wash fresh berries under rapid running cold water. Remove stems and slice.

Place in food processing bowl. Do not fill more than 2/3 full.

Process berries until smooth.

Add SimplyThick gel and process for 1-2 minutes.

Taste and sweeten as needed with a small amount of sugar.

CCP: Chill to 41°F until service.

NOTE: Final product will have tiny seeds remaining. Check with your speech therapist for use.

Nutrition Information

Serving Size 1/2 cup

Calories 38

Protein <1 gram

Carbohydrates 8 grams

Fat 0 grams

Fruit Cocktail

Menu Portion: 1/2 cup / **Puree Portion:** #10 scoop

Ingredients	4 portions	10 portions	20 portions
Canned Fruit Cocktail	2 cups	5 cups	10 cups
SimplyThick® gel	2 strokes	5 strokes	10 strokes



Preparation Instructions:

Chill fruit cocktail until use.

CCP: Wash can lid before opening.

Drain fruit cocktail and place in food processing bowl. Do not fill more than 2/3 full.

Process fruit cocktail until smooth. Add SimplyThick gel and process for 1 minute.

CCP: Chill to 41°F until service.

Garnish with gelatin sprinkles or whipped topping.

NOTE: Calorie and carbohydrate content depend on canned juice, light or regular sugar syrup.

Nutrition Information

Serving Size 1/2 cup

Calories 50

Protein 0 grams

Carbohydrates 14 grams

Fat 0 grams

Mandarin Oranges

Menu Portion: 1/2 cup / **Puree Portion:** #8 scoop

Ingredients	2 portions	10 portions	20 portions
Mandarin Oranges, canned	1 1/4 cups	6 1/4 cups	12 1/2 cups
SimplyThick® gel	3 strokes	15 strokes	30 strokes



Preparation Instructions:

Chill mandarin oranges until ready to use.

CCP: Wash can lid before opening.

Drain oranges, place in food processing bowl. Do not fill more than 2/3 full.

Process oranges until smooth.

Add SimplyThick gel and process for 1-2 minutes.

CCP: Chill to 41°F until service.

Garnish with gelatin sprinkles or whipped topping.

NOTE: Calorie and carbohydrate content depend on canned juice, light or regular sugar syrup.

Nutrition Information

Serving Size 1/2 cup

Calories 80

Protein 0 grams

Carbohydrates 19 grams

Fat 0 grams

Peaches

Menu Portion: 1/2 cup / **Puree Portion:** #10 scoop

Ingredients	7 portions	10 portions	20 portions
Canned Peaches	3 1/2 cups	1 1/4 quarts	2 1/2 quarts
SimplyThick® gel	6 strokes	8 strokes	16 strokes



Preparation Instructions:

Chill peaches until use.

CCP: Wash can lid before opening.

Drain peaches and place in food processing bowl. Do not fill more than 2/3 full.

Process peaches until smooth. Add SimplyThick gel and process for 1 minute.

CCP: Chill to 41°F until service.

Garnish with gelatin sprinkles or whipped topping.

NOTE: Calorie and carbohydrate content depend on canned juice, light or regular sugar syrup.

Nutrition Information

Serving Size 1/2 cup

Calories 50

Protein 0 grams

Carbohydrates 13 grams

Fat 0 grams

Pears

Menu Portion: 1/2 cup / **Puree Portion:** #8 scoop

Ingredients	2 portions	10 portions	20 portions
Canned Pears	1 1/4 cups	6 1/4 cups	12 1/2 cups
SimplyThick® gel	2 strokes	10 strokes	20 strokes



Preparation Instructions:

Chill pears until use.

CCP: Wash can lid before opening.

Drain pears and place in food processing bowl. Do not fill more than 2/3 full.

Process pears until smooth. Add SimplyThick gel and process for 1 minute.

CCP: Chill to 41°F until service.

Garnish with gelatin sprinkles or whipped topping.

NOTE: Calorie and carbohydrate content depend on canned juice, light or regular sugar syrup.

Nutrition Information

Serving Size 1/2 cup

Calories 78

Protein 1 gram

Carbohydrates 20 grams

Fat 0 grams

Pineapple Tidbits

Menu Portion: 1/2 cup / **Puree Portion:** #6 scoop

Ingredients	4 portions	10 portions	20 portions
Canned Pineapple Tidbits	2 cups	5 cups	10 cups
SimplyThick® gel	3 strokes	7 strokes	14 strokes



Preparation Instructions:

Chill pineapple tidbits until use.

CCP: Wash can lid before opening.

Place pineapple and juice in food processing bowl. Do not fill more than 2/3 full.

Process pineapple until smooth.

Add SimplyThick gel and process for 3 minutes.

CCP: Chill to 41°F until service.

Garnish with gelatin sprinkles or whipped topping.

NOTE: Calorie and carbohydrate content depend on canned juice, light or regular sugar syrup.

Nutrition Information

Serving Size 1/2 cup

Calories 56

Protein 0 grams

Carbohydrates 15 grams

Fat 0 grams

Tropical Fruit

Menu Portion: 1/2 cup / Puree Portion: #10 scoop

Ingredients	5 portions	10 portions	20 portions
Canned Tropical Fruit	3 1/2 cups	7 cups	14 cups
Fruit Juice	1/4 cup	1/2 cup	1 cup
SimplyThick®gel	2 strokes	4 strokes	8 strokes



Preparation Instructions:

Chill tropical fruit until use.

CCP: Wash can lid before opening.

Drain tropical fruit and save liquid. Place in food processing bowl.

Do not fill more than 2/3 full.

Process fruit until smooth. Add small amount of juice IF NEEDED.

Add SimplyThick gel and process for 2 minutes.

CCP: Chill to 41°F until service. Garnish with gelatin sprinkles or whipped topping.

NOTE: Calorie and carbohydrate content depend on canned juice, light or regular sugar syrup.

Nutrition Information including Juice Pack

Serving Size 1/2 cup

Calories 113

Protein 0 grams

Carbohydrates 31 grams

Fat 0 grams

Desserts

Apple Pie

Menu Portion: 1/10 pie / **Puree Portion:** #8 scoop

Ingredients	5 portions	10 portions	20 portions
Apple Pie, cut in 1/10	5 pieces	10 pieces	20 pieces
Apple Juice	1/2 cup	1 cup	2 cups
SimplyThick®gel	2 strokes	4 strokes	8 strokes



Preparation Instructions:

CCP: Keep pie frozen until ready to cook. Cook according to package instructions.

Allow pie to cool to room temperature.

Place pie, juice and SimplyThick gel in food processing bowl. Do not fill more than 2/3 full.

Process ingredients for 2 minutes.

Portion into serving dishes and garnish with whipped topping and sprinkle with cinnamon.

CCP: Chill at 41°F or less until ready to serve.

Nutrition Information

Serving Size 1/10 of
9 inch pie

Calories 301

Protein 2 grams

Carbohydrates 36 grams

Fat 18 grams

Chocolate Chip Cookies

Menu Portion: 1 ounce / **Puree Portion:** #16 scoop

Ingredients	3 portions	10 portions	20 portions
Chocolate Chip Cookies	4 ounces	12 ounces	24 ounces
Whole Milk	1/3 cup	1 cup	2 cups
SimplyThick®gel	1 stroke	3 strokes	6 strokes



Preparation Instructions:

CCP: Prepare cookies per facility recipe.

CCP: Keep milk refrigerated at 41°F or less until ready to use.

Process cookies in food processing bowl until fine crumbs, approximately 2 minutes.

Add cold milk and SimplyThick gel.

Process mixture for 2 minutes.

Portion in serving dishes/plates, garnish with whipped topping.

CCP: Chill below 41°F until service. Keep on ice during meal service.

Nutrition Information

Serving Size 2 ounces

Calories 180

Protein 3 grams

Carbohydrates 24 grams

Fat 9 grams

Frosted Chocolate Cake

Menu Portion: 2 x 2 piece / **Puree Portion:** #16 scoop

Ingredients	4 portions	10 portions	20 portions
Chocolate Frosted Cake	4 pieces, 2x2 ea.	10 pieces	20 pieces
Whole Milk	1/2 cup	1 1/4 cups	2 1/2 cups
SimplyThick®gel	2 strokes	5 strokes	10 strokes



Preparation Instructions:

CCP: Prepare cake per facility recipe.

CCP: Keep milk refrigerated at 41°F or less until ready to use.

Add cake, cold milk and SimplyThick gel to food processing bowl.

Do not fill bowl more than 2/3 full.

Process for 1-2 minutes.

Pour into serving dishes, garnish with whipped topping.

CCP: Chill at 41°F or less until ready to serve.

Nutrition Information

Serving Size 1/4 cup

Calories 122

Protein 2 grams

Carbohydrates 17 grams

Fat 6 grams

Peanut Butter Cookies

Menu Portion: 1 ounce / **Puree Portion:** #16 scoop

Ingredients	3 portions	10 portions	20 portions
Peanut Butter Cookies	4 ounces	12 ounces	24 ounces
Whole Milk	1/3 cup	1 cup	2 cups
SimplyThick®gel	1 stroke	3 strokes	6 strokes



Preparation Instructions:

CCP: Prepare cookies per facility recipe.

CCP: Keep milk refrigerated at 41°F or less until ready to use.

Process cookies in food processing bowl until fine crumbs, approximately 2 minutes.

Add cold milk and SimplyThick gel.

Process mixture for 2 minutes.

Portion in serving dishes/plates, garnish with whipped topping.

CCP: Chill below 41°F until service. Keep on ice during meal service.

Nutrition Information

Serving Size 2 ounces

Calories 178

Protein 4 grams

Carbohydrates 21 grams

Fat 9 grams

Oatmeal Raisin Cookies

Menu Portion: 1 ounce / **Puree Portion:** #16 scoop

Ingredients	5 portions	10 portions	20 portions
Oatmeal Raisin Cookies	8 ounces	15 ounces	30 ounces
Whole Milk	1/2 cup	2 cups	4 cups
SimplyThick®gel	2 strokes	4 strokes	8 strokes



Preparation Instructions:

CCP: Prepare cookies per facility recipe.

CCP: Keep milk refrigerated at 41°F or less until ready to use.

Process cookies in food processing bowl until fine crumbs, approximately 2 minutes.

Add cold milk and SimplyThick gel.

Process mixture for 2 minutes.

Portion in serving dishes/plates, garnish with whipped topping.

CCP: Chill below 41°F until service. Keep on ice during meal service.

Nutrition Information

Serving Size 2 ounces

Calories 188

Protein 3 grams

Carbohydrates 30 grams

Fat 7 grams

Sugar Cookies

Menu Portion: 1 ounce / **Puree Portion:** #16 scoop

Ingredients	7 portions	10 portions	20 portions
Sugar Cookies	8 ounces	12 ounces	22 ounces
Whole Milk	1/2 cup	2 cups	4 cups
SimplyThick®gel	2 strokes	4 strokes	7 strokes



Preparation Instructions:

CCP: Prepare cookies per facility recipe.

CCP: Keep milk refrigerated at 41°F or less until ready to use.

Add cookies, cold milk and Simply Thick gel to food processing bowl.

Do not fill more than 2/3 full. Process for 1-2 minutes.

Pour into serving dishes, garnish with whipped topping or chocolate syrup.

CCP: Chill below 41°F until service. Keep on ice during meal service.

Nutrition Information

Serving Size 2 ounces

Calories 158

Protein 2 grams

Carbohydrates 22 grams

Fat 7 grams

Thickened Ice Cream

Menu Portion: 1/2 cup / **Puree Portion:** Rounded 1/2 cup

Ingredients	2 portions	10 portions	20 portions
Ice Cream	1 cup	5 cups	10 cups
SimplyThick®gel	1 stroke	5 strokes	10 strokes

Preparation Instructions:

CCP: Keep ice cream frozen at 0°F or less until ready to use.

Soften ice cream for 15 minutes and scoop to place in food processing bowl.

Process ice cream and SimplyThick gel until mixed or particles in ice cream are thoroughly pulverized.

Pour/scoop into individual serving dishes or one container suitable for freezing.

CCP: Freeze at 0°F or less. Remove from freezer when ready to serve.



NOTE: Ice cream with SimplyThick gel does not thin at room temperature. Pureeing ice cream blends SimplyThick well and a wide variety of ice cream flavors can be used, even chocolate chips! Final texture is soft spoonable at room temperature. Enjoy a wider variety of flavors and less cost than purchased thickened desserts.

Nutrition Information

Vanilla

Serving Size	1/2 cup
Calories	133
Protein	2.3 grams
Carbohydrates	16 grams
Fat	7 grams

Nutrition Information

Chocolate

Serving Size	1/2 cup
Calories	143
Protein	2.5 grams
Carbohydrates	19 grams
Fat	7 grams

Nutrition Information

Cherry Garcia

Serving Size	1/2 cup
Calories	260
Protein	5 grams
Carbohydrates	26 grams
Fat	16 grams

Nutrition Information

Chocolate Chip

Serving Size	1/2 cup
Calories	300
Protein	5 grams
Carbohydrates	26 grams
Fat	20 grams