



# Level 4 Pureed Berry Muffins

IDDSI LEVELS 4 5 6



## NUTRITION

**Serving Size:**  
1 muffin sized portion (about 2 oz or #20 scoop)

**Calories:** 150

**Total Fat:** 8g

**Saturated Fat:** 1g

**Cholesterol:** 0mg

**Sodium:** 70mg

**Total Carb:** 22g

**Dietary Fiber:** 0g

**Total Sugars:** 11g

**Added Sugars:** 2g

**Protein:** 2g

**Vitamin D:** 0% DV

**Calcium:** 0% DV

**Iron:** 0% DV

**Potassium:** 0% DV

## INGREDIENTS

	1 SERVINGS	8 SERVINGS	16 SERVINGS
<b>THICK &amp; EASY® Texture Modified Bread and Dessert Mix</b> Item: 118519	2 Tbsp	1/2 bag (about 1 cup)	1 bag
Vegetable oil	1/2 Tbsp	4 Tbsp (1/4 cup)	1/2 cup
White granulated sugar	1/2 tsp	1 Tbsp + 1 tsp	2 Tbsp + 2 tsp
Water, hot	2 Tbsp	1 cup	2 cups
Seedless, smooth mixed berry jam or jelly (no skins or pulp) *	1/2 Tbsp	4 Tbsp (1/4 cup)	1/2 cup

\* THICK & EASY® Frozen Pureed Shaped Mixed Berries may be used in place of jam or jelly.

## DIRECTIONS

1. Lightly spray muffin cups with non-stick cooking spray.
2. Combine white sugar and bread mix in a mixing bowl. Add oil and stir until mixture resembles wet sand.
3. Add hot water to bread mixture and stir briskly with wire whip until blended.
4. Lightly fold in jam or jelly.
5. Immediately portion one #20 scoop into each muffin cup and spread evenly with a spatula.
6. Cover and allow to rest at room temperature or in refrigerator for a minimum of 30 minutes.
7. Carefully remove from muffin cups. Portion one muffin per serving.

## SERVING SUGGESTIONS

- Use pleated cupcake liners or silicone muffin cups to create a more realistic muffin appearance.
- This recipe can also be used as a mixed berry cake, bread, or pancakes.
  - Bread: Spread mixture into a 9x5 loaf pan or other appropriately sized pan. Cover and allow to rest as instructed above. Cut and serve.
  - Cake: Spread mixture into an 8-inch cake pan. Cover and allow to rest as instructed above. Top with frosting or powdered sugar glaze.
  - Pancakes: Immediately after mixing, portion and spread mixture into 3 or 4-inch circles. Once set, heat gently and serve with syrup.

