



Level 4 Pureed Garlic Bread or Breadsticks

IDDSI LEVELS 4 5 6



NUTRITION

Serving Size:
1 slice or 2 breadsticks (about 2 oz or two #40 scoops for breadsticks)

Calories: 120

Total Fat: 8g

Saturated Fat: 1g

Cholesterol: 0mg

Sodium: 220mg

Total Carb: 13g

Dietary Fiber: 0g

Total Sugars: 3g

Added Sugars: 0g

Protein: 2g

Vitamin D: 0% DV

Calcium: 0% DV

Iron: 0% DV

Potassium: 0% DV

INGREDIENTS

	1 SERVINGS	8 SERVINGS	16 SERVINGS
THICK & EASY® Texture Modified Bread and Dessert Mix Item: 118519	2 Tbsp	1/2 bag (about 1 cup)	1 bag
Vegetable oil	1/2 Tbsp	4 Tbsp	8 Tbsp
Garlic Powder	1/8 tsp	1 tsp	2 tsp
Salt	1/16 tsp	1/2 tsp	1 tsp
Water, hot	3 Tbsp	1 1/2 cup	3 cups
Suggested Pan or Container	Individual dish, bread slice shaped mold, or muffin cup	Half of 9x5 loaf pan	9x5 Loaf Pan

DIRECTIONS

1. Lightly spray pan(s) with non-stick cooking spray.
2. Combine garlic powder, salt, and bread mix. 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. Immediately pour into pan(s) and spread evenly.
5. Cover and allow to rest at room temperature or in refrigerator for a minimum of 30 mins.
6. Sprinkle with garlic salt, if desired.
7. Carefully remove garlic bread from pan(s) and cut into slices.
8. Portion one slice per serving.

TO MAKE BREADSTICKS

9. Portion garlic bread mixture using #40 scoops. Use gloved hands to form each portion into a breadstick shape.
10. Sprinkle with garlic salt, if desired.
11. Serve two breadstick per serving.

SERVING SUGGESTIONS

12. For a browned appearance, lightly brush bread/breadsticks with browning sauce before sprinkling with garlic salt.
13. For added flavor, brush with melted butter before sprinkling with garlic salt.
14. Garlic bread recipe may also be used to make rolls. See instructional video on Hormel Health Labs website for how to create these shapes using THICK & EASY® Pureed Bread & Dessert Mix.