

Hormel
**THICK
& EASY**

Pumpkin Spice Shake





Pumpkin Spice Shake

IDDSI LEVELS **2** OR **3**



INGREDIENTS

THICK & EASY® Thickened Dairy Drink, Nectar (Level 2) Item: 74739	1/2 cup	3 cups	1 1/2 quarts (6 cups)
Pumpkin puree, canned	3 Tbsp	1 cup + 2 Tbsp	2 1/4 cups
Pumpkin pie spice blend	1/4 tsp	1 1/2 tsp	1 Tbsp
Extra nutmeg, optional	dash	1/4 tsp	1/2 tsp
THICK & EASY® Magic Cup® Vanilla Item: 19850	1 – 4 oz container	6 – 4 oz containers	12 – 4 oz containers
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

NUTRITION

Serving Size: 8 fl. oz

Calories: 390

Total Fat: 14g

Saturated Fat: 8g

Trans Fat: 0g

Cholesterol: 15mg

Sodium: 220mg

Total Carbs: 56g

Dietary Fiber: 1g

Total Sugars: 40g

Added Sugars: 14g

Protein: 14g

Vitamin D: 6% DV

Calcium: 25% DV

Iron: 20% DV

Potassium: 20% DV

DIRECTIONS

1. Combine all ingredients in a blender and blend until smooth.
2. Garnish with whipped topping and sprinkle with pie spice or nutmeg.

RECIPE NOTES

Honey (Level 3) consistency of **THICK & EASY® Thickened Dairy Drink** can be used in place of Nectar (Level 2). Mixture will be thick.

***Nutrition calculated using Nectar (Level 2) Thickened Dairy Drink**