


**THICK
& EASY**

Pureed Carrot Cake





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IDDSI LEVELS **4** **5** **6** **7**



INGREDIENTS

	1 Servings	8 Servings	16 Servings
Pan Size	Muffin pan or Individual dessert dish	Muffin pan or 8x4 loaf pan	Muffin pan or 8x8 square pan
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
Pumpkin pie spice or cinnamon	1/8 tsp	1 tsp	2 tsp
Sugar	3/4 tsp	2 Tbsp	4 Tbsp
Vanilla extract	1/8 tsp	1 tsp	2 tsp
Water, hot	1 Tbsp + 2 tsp	3/4 cup + 1 1/2 Tbsp	1 2/3 cups
THICK & EASY Bulk Pureed Carrots - IDDSI Level 4 (thawed) Item: 34332	2 Tbsp	1 cup	2 cups
Cream Cheese Frosting, prepared	1 Tbsp	1/2 cup	1 cup

NUTRITION

Serving Size:
1 portion (about 1/4 cup or #16 scoop)

Calories: 230

Total Fat: 12g

Saturated Fat: 2g

Trans Fat: 1g

Cholesterol: 0mg

Sodium: 150mg

Total Carbs: 31g

Dietary Fiber: 1g

Total Sugars: 18g

Protein: 2g

Vitamin D: 0% DV

Calcium: 0% DV

Iron: 0% DV

Potassium: 0% DV

DIRECTIONS

1. Generously coat pan(s) with non-stick cooking spray.
2. Combine pie spice, sugar and **THICK & EASY® Texture Modified Bread and Dessert Mix** in a mixing bowl. Add oil and stir until mixture resembles wet sand.
3. Add vanilla extract to hot water and add to bread mix in bowl. Stir briskly until mixture begins to thicken.
4. Immediately add pureed carrots and stir well.
5. Portion into pan or muffin cups and spread evenly.
6. Cover and allow to rest at room temperature or in refrigerator for a minimum of 30 minutes.
7. Spread with cream cheese frosting.

8. Cut into portions and serve.

PREPARATION INSTRUCTIONS

For ease in cutting and portioning, cover and freeze prepared carrot cake a minimum of 2 hours (or up to 3 days). Remove cake from freezer a minimum of 2 hours before serving. Frost the cake, cut into portions and place on serving plate/dish while still slightly frozen. Allow cut portions to thaw completely prior to serving and consuming.