

**Hormel**  
**THICK  
& EASY**

# Thickened Luck of the Irish Milkshake





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🕒 5 MINS

Yield: 3 - 4 oz (118 ml) servings

Try our “Luck of the Irish Milkshake” recipe. This delicious milkshake will set the festive mood and as Luck will have it, it is a good source of protein and vitamins. THICK & EASY® Thickened Dairy Drink and MAGIC CUP® Dessert are blended together to achieve a consistency that safely meets IDDSI Levels 0-3!



## NUTRITION\*\*

**Serving Size:**  
12 fl oz. shake

**Calories:** 470

**Total Fat:** 16g

**Saturated Fat:** 10g

**Trans Fat:** 0g

**Cholesterol:** 25mg

**Sodium:** 350mg

**Total Carbs:** 64g

**Dietary Fiber:** 0g

**Total Sugars:** 46g

**Added Sugars:** 0g

**Protein:** 17g

**Calcium:** 30% DV

**Iron:** 15% DV

**Potassium:** 15% DV

**Vitamin A:** 25% DV

**Vitamin C:** 10% DV

## INGREDIENTS

	1 Serving
<b>THICK &amp; EASY® Thickened Dairy Drink, Level 2 (#84112)</b>	1 cup (236 ml) (1 Tetra Pak)
<b>MAGIC CUP™ Dessert, Vanilla (#80394) refrigerated/thawed</b>	1 x 4 oz (118ml)
<b>Mint Extract</b>	¼ tsp (1 ml)
<b>Green Food Coloring</b> (to achieve desired color)	4-5 drops
<b>Whipped Cream Topping</b> (not for dysphagia clients)	As desired for non-dysphagia clients

## DIRECTIONS

1. Combine all ingredients in a bowl, whisk until smooth.
2. Portion into desired serving dishes. (Store in the refrigerator at 4 C/38 F or lower)
3. For non-dysphagia clients - if desired, top with whipped cream and colored sugar.

\*\*Nutrition calculated without whipped cream garnish. The addition of 2 tablespoons of whipped cream topping would add 10 calories, 1 g fat, 5 mg cholesterol, and 1 g carbohydrate per serving.

## IDDSI TESTING

**Level 2** - this recipe will usually flow test (syringe test) over 9 ml - therefore the mixture can be diluted with 118 ml (or ½ cup) of milk (if desired) to achieve testing within IDDSI Level 2 flow test (syringe test) ranges. Note if adding the milk for Level 2 - the serving yield will increase from 3 servings to 4 servings (118 ml or 4 Fl oz per serving)

**Level 3** - this mixture will usually flow test (syringe test) over 9 ml, thus within IDDSI Level 3 ranges.

Note: always use the IDDSI Drink Flow test for auditing thickened drinks (IDDSI Syringe Test).

## PRODUCTS

Item #	Description	Case Pack
84112	THICK & EASY® Thickened Dairy Drink - IDDSI Level 2	27/8 oz
80394	MAGIC CUP® Frozen Dessert - Vanilla - IDDSI Level 4	48/4 oz



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