Thick-It®

— CLEAR —
Advantage®

Sip & Savor

Exclusive xanthan-based recipes
for greater flavor and versatility
in dysphagia cooking

From the makers of the Thick-It® brand of innovative dysphagia nutrition solutions

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When it comes to dysphagia nutrition, a brand new door has just opened for patients and care providers alike. Our new xanthan-based Thick-It® Clear Advantage® Food & Beverage Thickener is here, combining the consistent, stable performance of xanthan with the unrivaled dysphagia expertise of the Thick-It® brand.

In honor of National Dysphagia Awareness Month, and to celebrate this expansion of our suite of dysphagia nutrition solutions, our team has reimagined some of our most popular recipes – and is proud to introduce brand new ones – all featuring Thick-It® Clear Advantage® Food & Beverage Thickener. It's easy to use and even easier to enjoy!

Sip and Savor Recipes with Clear Advantage® Food & Beverage Thickener deliver clear, smooth, consistent performance in a variety of liquids and foods across a range of temperatures, supporting health and well-being on three crucial fronts:

Consistent—Unlike starch-based thickeners, xanthan-based Clear Advantage® Powder Food & Beverage Thickener maintains a consistent viscosity over time, so you can prepare and enjoy food and drinks at your own pace. No need to rush.

Clear—Smooth and flavorless, Clear Advantage® Powder Food & Beverage Thickener won't alter the taste or appearance of food and beverages, so you can enjoy the true flavors of your favorite drinks and dishes.

Versatile—Enjoy whatever it is that you're craving. From hot coffee to red wine, iced tea to frozen fruit pops, Clear Advantage® Powder Food & Beverage Thickener maintains its consistency across a range of temperatures.

So, whether you're craving a hearty soup or a refreshing summer mocktail, Sip and Savor Recipes bring a world full of flavorful delights for people with dysphagia from our team's hearts straight to your table.

Do not use Thick-It® Clear Advantage® Powder Food & Beverage Thickener with infants under the age of 2. Thick-It® Clear Advantage® Powder Food & Beverage Thickener should only be used with children under the age of 12 in consultation with a physician.

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Important Tips for Preparation

Follow these tips for preparing food and beverages that are satisfying, flavorful, and safe for people with dysphagia.

General Guidelines

1. Clean and sanitize any equipment you will be using.
2. Wash your hands with soap and water before preparing food or beverages.
3. Clean the tops of any canned items before opening.
4. Follow the recipe carefully, including time and temperature guidelines.
5. Before serving, conduct the appropriate IDDSI Test (such as Fork Drip Test, Fork Pressure Test, or Spoon Tilt Test) to ensure your prepared food and drink meets IDDSI guidelines for the patient's recommend IDDSI level. Visit IDDSI.org for details.
6. Always taste before serving.

These recipes are intended for people with dysphagia who have been advised to consume a modified diet, Level 4 Puréed (PU4) or Level 5 Minced & Moist (MM5).

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Braised Chicken Thighs

MM5 pictured

Sundays are better spent together. And these Braised Chicken Thighs will bring back memories of Sunday chicken dinner with this Minced & Moist, Level 5 (MM5) or Pureed, Level 4 (PU4) recipe. For a traditional home-style meal, serve with our Seasoned Broccoli and Seasoned Carrots.

Ingredients MM5

1 lb + 2 oz	Chicken Thighs, Braised, Prepared
8 fl oz	Reserved Broth
1 Tbsp + 1 tsp	Thick-It® Clear Advantage® Powder Food & Beverage Thickener

Ingredients PU4

1.5 lbs	Chicken Thighs, Braised Prepared
12 fl oz	Reserved Broth
1/4 c + 2 tsp	Thick-It® Clear Advantage® Powder Food & Beverage Thickener

Yield: 6 Servings

Serving Size MM5 #8 scoop
Serving Size PU4 #10 scoop

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5 MINCED & MOIST

Directions MM5

1. Wash hands before beginning preparation. Thoroughly clean and sanitize surfaces and equipment (CCP).
2. Prepare chicken thighs according to your General Diet recipe for Braised Chicken Thighs. Cook until tender.
3. Remove skin and bone from chicken. Weigh out 1 lb, 2 oz.
4. Reserve 8 fl oz of cooking broth that has been strained of any bits. Hold at 140°F or higher (CCP).
5. Place chicken in a food processor. Pulse until there are no large lumps or pieces present and particles are 4mm in width and 15mm in length or less in size.

   Note: May mince by hand with knife as an alternate method.
6. Add hot broth to Thick-It® Clear Advantage® Powder Food & Beverage Thickener. Whisk briskly for 30 seconds to 1 minute. Let it thicken. May take up to 5 minutes.
7. Incorporate thickened broth mixture into minced chicken so it becomes moist and cohesive.
8. Test before serving per IDDSI Testing Methods for Minced & Moist, Level 5 (MM5) using the Fork Pressure Test, Spoon Tilt Test, and No separate thin liquid. Refer to IDDSI.org for how to use these testing methods.
9. Hold at 140°F or higher until service (CCP).
10. Serve using #8 scoop.

If recipe doesn't pass testing for Minced & Moist, Level 5 (MM5), modify according to your organization's Pureed, Level 4 (PU4) Braised Chicken Thighs recipe.

These recipes may not be appropriate for all people with dysphagia. Consult with a physician or other qualified healthcare professional about questions concerning your patients' health and diet, particularly regarding the suitability of these recipes for your patients.

See Page 28 for Nutrition Facts

4 PUREED

Directions PU4

1. Wash hands before beginning preparation. Thoroughly clean and sanitize surfaces and equipment (CCP).
2. Prepare chicken thighs according to your General Diet recipe for Braised Chicken Thighs. Cook until tender.
3. Remove skin and bone from chicken. Weigh out 1 lb, 2 oz.
4. Reserve 8 fl oz of cooking broth that has been strained of any bits. Hold at 140° F or higher (CCP).
5. Add hot broth to Thick-It® Clear Advantage® Powder Food & Beverage Thickener. Whisk briskly for 30 seconds to 1 minute. Let it thicken. May take up to 5 minutes.
6. Place cooked chicken in a food processor. Do not overfill. Process for 15 seconds until fine in consistency.
7. Scrape down sides of processor with rubber spatula and process for an additional 15 seconds.
8. Add thickened broth slowly until incorporated.
9. Test per IDDSI Testing Methods for Pureed, Level 4 (PU4) using the Fork Drip Test, Spoon Tilt Test, no separate thin liquid. Refer to IDDSI.org for how to use these testing methods.
10. Hold at 140°F or higher until service (CCP).
11. Serve using #10 scoop.

Notes

- Verify final recipe and any garnishes using IDDSI Testing Methods for IDDSI Minced & Moist, Level 5 (MM5) before service: Fork Pressure Test, Spoon Tilt Test, No separate thin liquid.
- Verify final recipe and any garnishes using IDDSI testing methods for IDDSI Pureed, Level 4 (PU4) before service: Fork Drip Test, Spoon Tilt Test, no separate thin liquid.
- Amount of moisture in cooked chicken can vary. Recipe may be altered to include more or less broth and/ or more or less Thick-It® Clear Advantage® Powder Food & Beverage Thickener, as well as more or less processing time depending on the results of IDDSI testing.
- Recipe standardized and tested at 155°F. Temperature may affect IDDSI testing results.
- Make certain to refer to local food regulation for management of time and temperature values for prepared items. This would apply to hot and cold holding as well as time out of temperature control.
- For optimal quality and safety, these products are intended for immediate consumption upon preparation or within 24 hours following proper handling guidance.

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Chilled Peaches

PU4 pictured

With the wide variety of canned peaches available, you can enjoy the summer taste of peaches any time of year. Choose your favorite brand to prepare either a Minced & Moist, Level 5 (MM5) or Pureed, Level 4 (PU4) version of this sweet and satisfying side dish.

Ingredients MM5

1 quart	Peaches, Canned, Sliced Drained
1 Tbsp + 1 tsp	Thick-It® Clear Advantage® Powder Food & Beverage Thickener

Ingredients PU4

1 quart	Peaches, Canned, Sliced Drained
3 Tbsp + 1 tsp	Thick-It® Clear Advantage® Powder Food & Beverage Thickener

Yield: 8 Servings

Serving Size MM5 #10 scoop
Serving Size PU4 #12 scoop

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5 MINCED & MOIST

Directions MM5

1. Wash hands before beginning preparation. Thoroughly clean and sanitize surfaces and equipment (CCP).
2. Drain and measure 1 quart of canned peaches.
3. Place peaches in a food processor. Pulse for approximately 15 seconds until there are no large lumps and particles are 4mm in width and 15mm in length or less in size. Stop to scrape down sides of food processor regularly.

   Note: May mash by hand or mince with a knife as an alternate method.
4. Pulse to mix Thick It® Clear Advantage® Powder Food & Beverage Thickener into the minced peaches.
5. Wait for 2 – 5 minutes, then test per IDDSI Testing Methods for Minced & Moist, Level 5 (MM5) using the Fork Pressure Test, Spoon Tilt Test, no separate thin liquid. Refer to IDDSI.org for how to use these testing methods.
6. Hold at 40°F or lower until service (CCP).
7. Test again before serving.
8. Serve using #10 scoop.

If recipe doesn't pass testing for Minced & Moist, Level 5 (MM5), modify according to your organization's Pureed, Level 4 (PU4) Chilled Peaches recipe.

These recipes may not be appropriate for all people with dysphagia. Consult with a physician or other qualified healthcare professional about questions concerning your patients' health and diet, particularly regarding the suitability of these recipes for your patients.

See Page 28 for Nutrition Facts

4 PUREED

Directions PU4

1. Wash hands before beginning preparation. Thoroughly clean and sanitize surfaces and equipment (CCP).
2. Drain and measure 1 quart of canned peaches.
3. Place peaches in a food processor. Do not overfill. Process for 1 minute or until completely smooth in consistency. Stop to scrape down sides of processor with rubber spatula regularly.
4. Add Thick-It® Clear Advantage® Powder Food & Beverage Thickener. Process for an additional 15 seconds.
5. Wait 2 – 5 minutes, then test per IDDSI Testing Methods for Pureed, Level 4 (PU4) using the Fork Drip Test, Spoon Tilt Test, no separate thin liquid. Refer to IDDSI.org for how to use these testing methods.
6. Hold at 40°F or lower until service (CCP).
7. Test again before serving.
8. Serve using #12 scoop.

Notes

- Verify final recipe and any garnishes using IDDSI Testing Methods for IDDSI Minced & Moist, Level 5 (MM5) before service: Fork Pressure Test, Spoon Tilt Test, no separate thin liquid.
- Verify final recipe and any garnishes using IDDSI testing methods for IDDSI Pureed Level 4 (PU4) before service: Fork Drip Test, Spoon Tilt Test, no separate thin liquid.
- Amount of moisture in canned peaches can vary. Recipe may be altered to include liquid (in the form of juice) and/or more or less Thick-It® Clear Advantage® Powder Food & Beverage Thickener, as well as more or less processing time depending on the results of IDDSI testing.
- Recipe standardized and tested at 40°F. Temperature may affect IDDSI testing results.
- Make certain to refer to local food regulation for management of time and temperature values for prepared items. This would apply to hot and cold holding as well as time out of temperature control.
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Fresh Cantaloupe

Nothing says summer like the sweet, juicy taste of fresh cantaloupe from your local farmers' market or produce stand. Versioned for both Minced & Moist, Level 5 (MM5) and Pureed, Level 4 (PU4), these recipes make it easy to prepare a healthy, fruit-based side dish, snack, or dessert at home.

Ingredients MM5

2 quart	Cantaloupe, Clean, Peeled and Cubed
1 Tbsp + 1 tsp	Thick-It® Clear Advantage® Powder Food & Beverage Thickener

Ingredients PU4

2 quart	Cantaloupe, Clean, Peeled and Cubed
4 Tbsp	Thick-It® Clear Advantage® Powder Food & Beverage Thickener

Yield: 8 Servings

Serving Size MM5 #8 scoop
Serving Size PU4 #8 scoop

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5 MINCED & MOIST

Directions MM5

1. Wash hands before beginning preparation. Thoroughly clean and sanitize surfaces and equipment (CCP).
2. Select ripe and tender cantaloupe. Cut cantaloupe into large cubes. Measure 2 quarts.
3. Place cantaloupe in a food processor. Pulse for approximately 20 seconds until there are no large lumps and particles are 4mm in width and 15mm in length or less in size. Stop to scrape down sides of food processor regularly.

   Note: May mash by hand or mince with knife as an alternate method.
4. Pulse to mix Thick It® Clear Advantage® Powder Food & Beverage Thickener into the minced cantaloupe.
5. Wait for 2 – 5 minutes, then test per IDDSI Testing Methods for Minced & Moist, Level 5 (MM5) using the Fork Pressure Test, Spoon Tilt Test, no separate thin liquid. Refer to IDDSI.org for how to use these testing methods.
6. Hold at 40°F or lower until service (CCP).
7. Test again before serving.
8. Serve using #8 scoop.

If recipe doesn't pass testing for Minced & Moist, Level 5 (MM5), modify according to your organization's Pureed, Level 4 (PU4) Fresh Cantaloupe recipe.

These recipes may not be appropriate for all people with dysphagia. Consult with a physician or other qualified healthcare professional about questions concerning your patients' health and diet, particularly regarding the suitability of these recipes for your patients.

See Page 29 for Nutrition Facts

4 PUREED

Directions PU4

1. Wash hands before beginning preparation. Thoroughly clean and sanitize surfaces and equipment (CCP).
2. Select ripe and tender cantaloupe. Cut cantaloupe into large cubes. Measure 2 quarts.
3. Place cantaloupe in a food processor. Do not overfill. Process for 2 minutes or until completely smooth in consistency. Stop to scrape down sides of processor with rubber spatula regularly.
4. Add Thick-It® Clear Advantage® Powder Food & Beverage Thickener. Process for an additional 30 seconds.
5. Wait 2 – 5 minutes, then test per IDDSI Testing Methods for Pureed, Level 4 (PU4) using the Fork Drip Test, Spoon Tilt Test, no separate thin liquid. Refer to IDDSI.org for how to use these testing methods.
6. Hold at 40°F or lower until service (CCP).
7. Test again before serving.
8. Serve using #8 scoop.

Notes

- Verify final recipe and any garnishes using IDDSI Testing Methods for IDDSI Minced & Moist, Level 5 (MM5) before service: Fork Pressure Test, Spoon Tilt Test, no separate thin liquid.
- Verify final recipe and any garnishes using IDDSI testing methods for IDDSI Pureed, Level 4 (PU4) before service: Fork Drip Test, Spoon Tilt Test, no separate thin liquid.
- Amount of moisture in cantaloupe can vary. Recipe may be altered to include liquid (in the form of juice) and/or more or less Thick-It® Clear Advantage® Powder Food & Beverage Thickener, as well as more or less processing time depending on the results of IDDSI testing.
- Recipe standardized and tested at 40°F. Temperature may affect IDDSI testing results.
- Make certain to refer to local food regulation for management of time and temperature values for prepared items. This would apply to hot and cold holding as well as time out of temperature control.
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Minestrone Soup

MO3 pictured

Ingredients MO3

48 fl oz	Prepared Soup, Minestrone
1 Tbsp + 2 tsp	Thick-It® Clear Advantage® Powder Food & Beverage Thickener

Made with a variety of vegetables and traditional Italian seasonings, minestrone is a perfect choice for a light lunch or supper, or as a starter for a more robust meal.

Yield: 8 Servings

Serving Size 6 fl oz

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3 MODERATELY THICK

Directions MO3

1. Wash hands before beginning preparation. Thoroughly clean and sanitize surfaces and equipment (CCP).
2. Prepare soup according to your General Diet recipe for Minestrone Soup.
3. Measure 48 fl oz (6 c) of prepared soup.
4. Strain solids from soup broth. Reserve broth.
5. Place soup solids into a food processor. Process until fine in consistency.
6. Add Thick-It® Clear Advantage® Powder Food & Beverage Thickener and reserved broth to food processor and process until smooth.
7. Scrape down sides of processor with rubber spatula and process for an additional 30 seconds.
8. Test per IDDSI Testing Methods for Liquidised, Level 3 (LQ3) using the Fork Drip Test. Refer to IDDSI.org for how to use testing methods.
9. Hold at 140°F or higher until service (CCP).
10. Serve using 6 fl oz ladle.

If not serving immediately, reheat to a minimum internal temperature of 165°F for 15 sec (CCP) and test again before service per IDDSI Testing Methods for Liquidised, Level 3 (LQ3).

Notes

- Verify final recipe and any garnishes using IDDSI testing methods for IDDSI Liquidised, Level 3 (LQ3) before service.
- Amount of solids in soup can vary. Recipe may be altered to include more or less broth and/ or more or less Thick-It® Clear Advantage® Powder Food & Beverage Thickener depending on the results of IDDSI testing.
- Recipe standardized and tested at 155°F. Temperature may affect IDDSI testing results.
- Make certain to refer to local food regulation for management of time and temperature values for prepared items. This would apply to hot and cold holding as well as time out of temperature control.
- For optimal quality and safety, these products are intended for immediate consumption upon preparation or within 24 hours following proper handling guidance.

These recipes may not be appropriate for all people with dysphagia. Consult with a physician or other qualified healthcare professional about questions concerning your patients' health and diet, particularly regarding the suitability of these recipes for your patients.

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Pasta with Marinara Sauce

MM5 pictured

Enjoy a classic Italian duo—pasta with red sauce. Stir up a pot of your family's secret recipe, or use your favorite store-bought marinara sauce. Served with tender angel hair pasta, these Minced & Moist, Level 5 (MM5) or Pureed, Level 4 (PU4) dishes will have you saying, Mangia!

Ingredients MM5

8 oz	Pasta, Angel Hair, Dry
2 Tbsp	Oil, Vegetable
2 cup	Marinara Sauce with tender particles 4mm in width and 15mm in length or less
2 Tbsp	Thick-It® Clear Advantage® Powder Food & Beverage Thickener

Ingredients PU4

8 oz	Pasta, Angel Hair, Dry
2 Tbsp	Oil, Vegetable
2 cup	Marinara Sauce
2 Tbsp	Thick-It® Clear Advantage® Powder Food & Beverage Thickener

Yield: 8 Servings

Serving Size MM5 #8 scoop
Serving Size PU4 #8 scoop

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5 MINCED & MOIST

Directions MM5

1. Wash hands before beginning preparation. Thoroughly clean and sanitize surfaces and equipment (CCP).
2. Break up dry pasta into thirds and place in a food processor. Pulse until pasta is smaller than 4mm in width and 15mm in length taking into account the size will swell when cooked.
3. Boil pasta in large amount of boiling water until very soft. Drain and rinse with cold water. Stir oil into cooked, drained pasta. Hold at 140°F or higher (CCP).

   Note: May cook whole pasta and mince by hand with knife as an alternate method.
4. Test particle size per IDDSI Testing Methods.
5. Heat marinara sauce and hold at 140°F or higher (CCP).
6. Add hot marinara sauce to Thick-It® Clear Advantage® Powder Food & Beverage Thickener. Whisk briskly for 30 seconds to 1 minute. Let it thicken. May take up to 5 minutes.
7. Stir thickened marinara sauce into cooked pasta so it becomes moist and cohesive.
8. Test before serving per IDDSI Testing Methods for Minced & Moist, Level 5 (MM5) using the Fork Pressure Test, Spoon Tilt Test, and no separate thin liquid. Refer to IDDSI.org for how to use these testing methods.
9. Hold at 140°F or higher until service (CCP).
10. Serve using #8 scoop.

4 PUREED

Directions PU4

1. Wash hands before beginning preparation. Thoroughly clean and sanitize surfaces and equipment (CCP).
2. Break up dry pasta into thirds and place in a food processor. Pulse until pasta is small similar to minced in size.
3. Boil pasta in large amount of boiling water until very soft. Drain and rinse with cold water. Stir oil into cooked, drained pasta. Hold at 140°F or higher (CCP).
4. Heat marinara sauce and hold at 140°F or higher (CCP).
5. Add hot marinara sauce to Thick-It® Clear Advantage® Powder Food & Beverage Thickener. Whisk briskly for 30 seconds to 1 minute. Let it thicken. May take up to 5 minutes.
6. Place cooked pasta in a food processor. Do not overfill. Process until fine in consistency.
7. Scrape down sides of food processor with rubber spatula.
8. Add thickened marinara sauce slowly until incorporated. Do not over process.
9. Test per IDDSI Testing Methods for Pureed, Level 4 (PU4) using the Fork Drip Test, Spoon Tilt Test, no separate thin liquid. Refer to IDDSI.org for how to use these testing methods.
10. Hold at 140°F or higher until service (CCP).
11. Serve using #8 scoop.

Notes

- Verify final recipe and any garnishes using IDDSI Testing Methods for IDDSI Minced & Moist, Level 5 (MM5) before service: Fork Pressure Test, Spoon Tilt Test, no separate thin liquid.
- Verify final recipe and any garnishes using IDDSI testing methods for IDDSI Pureed Level 4 (PU4) before service: Fork Drip Test, Spoon Tilt Test, no separate thin liquid.
- Amount of moisture in food can vary. Recipe may be altered to include more or less liquid and/or more or less Thick-It® Clear Advantage® Powder Food & Beverage Thickener depending on the results of IDDSI testing.
- Recipe standardized and tested at 150°F. Temperature may affect IDDSI testing results.
- Make certain to refer to local food regulation for management of time and temperature values for prepared items. This would apply to hot and cold holding as well as time out of temperature control.
- For optimal quality and safety, these products are intended for immediate consumption upon preparation or within 24 hours following proper handling guidance.

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These recipes may not be appropriate for all people with dysphagia. Consult with a physician or other qualified healthcare professional about questions concerning your patients' health and diet, particularly regarding the suitability of these recipes for your patients.

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Beef Stew

PU4 pictured

Enjoy this hearty, all-American comfort food anytime at home with this Minced & Moist, Level 5 (MM5) or Pureed, Level 4 (PU4) recipe. For a more substantial meal, prepare our recipe for Seasoned Carrots to serve in your stew or on the side.

Ingredients MM5

1 lb + 2 oz	Beef Stew Meat Prepared
8 fl oz	Reserved Broth
1 Tbsp + 1 tsp	Thick-It® Clear Advantage® Powder Food & Beverage Thickener

Ingredients PU4

1 lb + 2 oz	Beef Stew Meat Prepared
9 fl oz	Reserved Broth
1 Tbsp + 1 tsp	Thick-It® Clear Advantage® Powder Food & Beverage Thickener

Yield: 6 Servings

Serving Size MM5 #8 scoop
Serving Size PU4 #10 scoop

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5 MINCED & MOIST

Directions MM5

1. Wash hands before beginning preparation. Thoroughly clean and sanitize surfaces and equipment (CCP).
2. Prepare beef stew according to General Diet recipe for Beef Stew. Cook until tender.
3. Remove beef from vegetables and cooking broth. 1 lb, 2 oz.
4. Reserve 8 fl oz of cooking broth that has been strained of any bits. Hold at 140°F or higher (CCP).
5. Place beef in a food processor. Pulse until there are no large lumps or pieces present and particles are 4mm in width and 15mm in length or less in size.

   Note: May mince by hand with knife as an alternate method.
6. Add hot broth to Thick-It® Clear Advantage® Powder Food & Beverage Thickener. Whisk briskly for 30 seconds to 1 minute. Let it thicken. May take up to 5 minutes.
7. Incorporate thickened broth mixture into meat so it becomes moist and cohesive.
8. Test before serving per IDDSI Testing Methods for Minced & Moist, Level 5 (MM5) using the Fork Pressure Test, Spoon Tilt Test, and no separate thin liquid. Refer to IDDSI.org for how to use these testing methods.
9. Hold at 140°F or higher until service (CCP).
10. Serve using #8 scoop.

If recipe doesn't pass testing for Minced & Moist Level 5 (MM5), modify according to your organization's Pureed, Level 4 (PU4) Beef Stew recipe.

These recipes may not be appropriate for all people with dysphagia. Consult with a physician or other qualified healthcare professional about questions concerning your patients' health and diet, particularly regarding the suitability of these recipes for your patients.

See Page 30 for Nutrition Facts

4 PUREED

Directions PU4

1. Wash hands before beginning preparation. Thoroughly clean and sanitize surfaces and equipment (CCP).
2. Prepare beef stew according to General Diet recipe for Beef Stew. Cook until tender.
3. Remove beef from vegetables and cooking broth. Weigh out 1 lb, 2 oz.
4. Reserve 9 fl oz of cooking broth that has been strained of any bits. Hold at 140°F or higher (CCP).
5. Heat broth to a minimum of 165°F (CCP). Add hot broth to Thick-It® Clear Advantage® Powder Food & Beverage Thickener. Whisk briskly for 30 seconds to 1 minute. Let it thicken. May take up to 5 minutes.
6. Place beef stew meat in a food processor. Do not overfill. Process for 15 seconds until fine in consistency.
7. Scrape down sides of food processor with rubber spatula.
8. Add thickened broth slowly until incorporated.
9. Test per IDDSI Testing Methods for Pureed, Level 4 (PU4) using the Fork Drip Test, Spoon Tilt Test, no separate thin liquid. Refer to IDDSI.org for how to use these testing methods.
10. Hold at 140°F or higher until service (CCP).
11. Serve using #10 scoop.

Notes

- Verify final recipe and any garnishes using IDDSI Testing Methods for IDDSI Minced & Moist Level 5 (MM5) before service: Fork Pressure Test, Spoon Tilt Test, no separate thin liquid.
- Verify final recipe and any garnishes using IDDSI testing methods for IDDSI Pureed, Level 4 (PU4) before service: Fork Drip Test, Spoon Tilt Test, no separate thin liquid.
- Amount of moisture in cooked beef can vary. Recipe may be altered to include more or less broth and/ or more or less Thick-It® Clear Advantage® Powder Food & Beverage Thickener, as well as more or less processing time depending on the results of IDDSI testing.
- Recipe standardized and tested at 155°F. Temperature may affect IDDSI testing results.
- Make certain to refer to local food regulation for management of time and temperature values for prepared items. This would apply to hot and cold holding as well as time out of temperature control.
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Seasoned Broccoli

PU4 pictured

Ingredients MM5

1 qt	Seasoned Broccoli, Prepared
2 Tbsp + 2 tsp	Margarine
1/4 cup	Broth, Vegetable
1 tsp	Thick-It® Clear Advantage® Powder Food & Beverage Thickener

Ingredients PU4

1 qt	Seasoned Broccoli, Prepared
2 Tbsp + 2 tsp	Margarine
1/2 cup	Broth, Vegetable
2 tsp	Thick-It® Clear Advantage® Powder Food & Beverage Thickener

This nutritious and tasty vegetable is the ultimate side for all kinds of entrées. For either Minced & Moist, Level 5 (MM5) or Pureed, Level 4 (PU4), these recipes will add color to your meal as well.

Yield: 8 Servings

Serving Size MM5 #8 scoop
Serving Size PU4 #10 scoop

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5 MINCED & MOIST

Directions MM5

1. Wash hands before beginning preparation. Thoroughly clean and sanitize surfaces and equipment (CCP).
2. Prepare broccoli according to your General Diet recipe for Seasoned Broccoli. Cook until tender. Drain excess liquid.
3. Measure 1 quart of prepared broccoli.
4. Place broccoli and margarine in a food processor. Pulse until there are no large lumps and particles are 4mm in width and 15mm in length or less in size. Stop to scrape down sides of food processor regularly.

   Note: May mince by hand with knife as an alternate method.
5. Heat broth to a minimum of 165°F. (CCP). Add hot broth to Thick-It® Clear Advantage® Powder Food & Beverage Thickener. Whisk briskly for 30 seconds to 1 minute. Let it thicken. May take up to 5 minutes.
6. Incorporate thickened broth mixture into minced broccoli so it becomes moist and cohesive.
7. Test before serving per IDDSI Testing Methods for Minced & Moist, Level 5 (MM5) using the Fork Pressure Test, Spoon Tilt Test, and no separate thin liquid. Refer to IDDSI.org for how to use these testing methods.
8. Hold at 140°F or higher until service (CCP).
9. Serve using #8 scoop.

If recipe doesn't pass testing for Minced & Moist, Level 5 (MM5), modify according to your organization's Pureed, Level 4 (PU4) Seasoned Broccoli recipe.

These recipes may not be appropriate for all people with dysphagia. Consult with a physician or other qualified healthcare professional about questions concerning your patients' health and diet, particularly regarding the suitability of these recipes for your patients.

See Page 31 for Nutrition Facts

4 PUREED

Directions PU4

1. Wash hands before beginning preparation. Thoroughly clean and sanitize surfaces and equipment (CCP).
2. Prepare broccoli according to your General Diet recipe for Seasoned Broccoli. Cook until tender. Drain excess liquid.
3. Measure 1 quart of prepared broccoli.
4. Heat broth to a minimum of 165°F (CCP). Add hot broth to Thick-It® Clear Advantage® Powder Food & Beverage Thickener. Whisk briskly for 30 seconds to 1 minute. Let it thicken. May take up to 5 minutes.
5. Place cooked broccoli in a food processor. Do not overfill. Add margarine.
6. Process for 1 minute and 30 seconds, stop to scrape down sides of processor with a rubber spatula regularly.
7. Add thickened broth slowly until incorporated.
8. Test before serving per IDDSI Testing Methods for Pureed, Level 4 (PU4) using the using the Fork Drip Test, Spoon Tilt Test, no separate thin liquid. Refer to IDDSI.org for how to use these testing methods.
9. Hold at 140°F or higher until service (CCP).
10. Serve using #10 scoop.

Notes

- Verify final recipe and any garnishes using IDDSI Testing Methods for IDDSI Minced & Moist, Level 5 (MM5) before service: Fork Pressure Test, Spoon Tilt Test, no separate thin liquid.
- Verify final recipe and any garnishes using IDDSI testing methods for IDDSI Pureed, Level 4 (PU4) before service: Fork Drip Test, Spoon Tilt Test, no separate thin liquid.
- Amount of moisture in cooked broccoli can vary particularly between frozen and fresh broccoli. Recipe may be altered to include more or less broth and/or more or less Thick-It® Clear Advantage® Powder Food & Beverage Thickener, as well as more or less processing time depending on the results of IDDSI testing.
- Recipe standardized and tested at 155°F. Temperature may affect IDDSI testing results.
- Make certain to refer to local food regulation for management of time and temperature values for prepared items. This would apply to hot and cold holding as well as time out of temperature control.
- For optimal quality and safety, these products are intended for immediate consumption upon preparation or within 24 hours following proper handling guidance.

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Seasoned Carrots

PU4 pictured

Use whole carrots, baby carrots, or frozen, these Minced & Moist, Level 5 (MM5) or Pureed, Level 4 (PU4) Seasoned Carrots will bring some bright color, hearty nutrition, and classic flavor to your table.

Ingredients MM5

1 qt	Seasoned Carrots, Prepared
2 Tbsp + 2 tsp	Margarine
1/4 cup	Broth, Vegetable
1 tsp	Thick-It® Clear Advantage® Powder Food & Beverage Thickener

Ingredients PU4

1 qt	Seasoned Carrots, Prepared
2 Tbsp + 2 tsp	Margarine
1/2 cup	Broth, Vegetable
2 tsp	Thick-It® Clear Advantage® Powder Food & Beverage Thickener

Yield: 8 Servings

Serving Size MM5 #8 scoop
Serving Size PU4 #10 scoop

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5 MINCED & MOIST

Directions MM5

1. Wash hands before beginning preparation. Thoroughly clean and sanitize surfaces and equipment (CCP).
2. Prepare carrots according to your General Diet recipe for Seasoned Carrots. Cook until tender. Drain excess liquid.
3. Measure 1 quart of prepared carrots.
4. Place carrots and margarine in a food processor. Pulse until there are no large lumps and particles are 4mm in width and 15mm in length or less in size. Stop to scrape down sides of food processor regularly.

   Note: May mince by hand with knife as an alternate method.
5. Heat broth to a minimum of 165°F. (CCP). Add hot broth to Thick-It® Clear Advantage® Powder Food & Beverage Thickener. Whisk briskly for 30 seconds to 1 minute. Let it thicken. May take up to 5 minutes.
6. Incorporate thickened broth mixture into minced carrots so it becomes moist and cohesive.
7. Test before serving per IDDSI Testing Methods for Minced & Moist, Level 5 (MM5) using the Fork Pressure Test, Spoon Tilt Test, no separate thin liquid. Refer to IDDSI.org for how to use these testing methods.
8. Hold at 140°F or higher until service (CCP).
9. Serve using #8 scoop.

If recipe doesn't pass testing for Minced & Moist, Level 5 (MM5), modify according to your organization's Pureed, Level 4 (PU4) Seasoned Carrots recipe.

These recipes may not be appropriate for all people with dysphagia. Consult with a physician or other qualified healthcare professional about questions concerning your patients' health and diet, particularly regarding the suitability of these recipes for your patients.

See Page 31 for Nutrition Facts

4 PUREED

Directions PU4

1. Wash hands before beginning preparation. Thoroughly clean and sanitize surfaces and equipment (CCP).
2. Prepare broccoli according to your General Diet recipe for Seasoned Carrots. Cook until tender. Drain excess liquid.
3. Measure 1 quart of prepared carrots.
4. Heat broth to a minimum of 165°F (CCP). Add hot broth to Thick-It® Clear Advantage® Powder Food & Beverage Thickener. Whisk briskly for 30 seconds to 1 minute. Let it thicken. May take up to 5 minutes.
5. Place cooked carrots in a food processor. Do not overfill. Add margarine.
6. Process for 1 minute and 30 seconds, stop to scrape down sides of processor with a rubber spatula regularly.
7. Add thickened broth slowly until incorporated.
8. Test before serving per IDDSI Testing Methods for Pureed, Level 4 (PU4) using the using the Fork Drip Test, Spoon Tilt Test, no separate thin liquid. Refer to IDDSI.org for how to use these testing methods.
9. Hold at 140°F or higher until service (CCP).
10. Serve using #10 scoop.

Notes

- Verify final recipe and any garnishes using IDDSI Testing Methods for IDDSI Minced & Moist, Level 5 (MM5) before service: Fork Pressure Test, Spoon Tilt Test, no separate thin liquid.
- Verify final recipe and any garnishes using IDDSI testing methods for IDDSI Pureed, Level 4 (PU4) before service: Fork Drip Test, Spoon Tilt Test, no separate thin liquid.
- Amount of moisture in cooked carrots can vary particularly between frozen and fresh carrots. Recipe may be altered to include more or less broth and/or more or less Thick-It® Clear Advantage® Powder Food & Beverage Thickener, and/or more or less processing time depending on the results of IDDSI testing.
- Recipe standardized and tested at 155°F. Temperature may affect IDDSI testing results.
- Make certain to refer to local food regulation for management of time and temperature values for prepared items. This would apply to hot and cold holding as well as time out of temperature control.
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Arnold Palmer Mocktail

Morning or evening, this festive mocktail pairs perfectly with brunch, lunch, or dinner on the patio with family or friends.

Ingredients MT2

12 fl oz	Lemonade, Prepared
12 fl oz	Iced Tea, Sweetened
6 Scoops	Thick-It® Clear Advantage® Powder Food & Beverage Thickener

Ingredients MO3

12 fl oz	Lemonade, Prepared
12 fl oz	Iced Tea, Sweetened
9 Scoops	Thick-It® Clear Advantage® Powder Food & Beverage Thickener

Yield: 3 Servings

Serving Size 8 fl oz

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2 MILDLY THICK

3 MODERATELY THICK

Directions MT2 or MO3

1. Wash hands before beginning preparation. Thoroughly clean and sanitize surfaces and equipment (CCP).
2. Prepare lemonade with powdered lemonade mix according to manufacturer's instructions. Alternatively, may use commercially available lemonade without pulp.
3. Chill lemonade and iced tea to 40°F or lower.
4. Measure level scoops of Thick-It® Clear Advantage® Powder Food & Beverage Thickener into a separate pitcher.
5. Quickly add measured lemonade and iced tea into pitcher with Thick-It® Clear Advantage® Powder Food & Beverage Thickener.
6. Stir briskly with fork, spoon, or whisk for 30 seconds to 1 minute.
7. Let stand 5 minutes.
8. Stir and test per IDDSI Testing Methods for Mildly Thick, Level 2 (MT2) or Moderately Thick, Level 3 (MO3) using the IDDSI Flow Test and Fork Drip Test. Refer to IDDSI.org for how to use these testing methods.
9. Hold at 40°F or lower until service (CCP).
10. Stir and test again before serving.
11. Portion 8 fl oz.

See Page 32 for Nutrition Facts

- Do not garnish.
- Do not add ice.
- Verify final recipe per IDDSI Flow Test and IDDSI Fork Drip Test for IDDSI Mildly Thick, Level 2 (MT2) or Moderately Thick, Level 3 (MO3) before service. Refer to IDDSI.org for how to use these testing methods.
- Recipe may be altered to include more or less liquid and/or more or less Thick-It® Clear Advantage® Powder Food & Beverage Thickener depending on the results of IDDSI testing.
- Recipe standardized and tested at 40°F. Temperature may affect IDDSI testing results.
- Make certain to refer to local food regulation for management of time and temperature values for prepared items. This would apply to hot and cold holding as well as time out of temperature control.
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Cranberry Sangria Mocktail

Sip on the refreshing flavors of our Cranberry Sangria Mocktail for effortless enjoyment at IDDSI levels MT2 or MO3. A tantalizing blend of cranberries, citrus, and sophistication.

Ingredients MT2

6 fl oz	Pineapple Juice
12 floz	Cranberry Juice Cocktail
12 fl oz	Orange Juice
1/4 tsp	Ground Ginger
1/8 tsp	Mint Extract
6 Scoops	Thick-It® Clear Advantage® Powder Food & Beverage Thickener

Ingredients MO3

6 fl oz	Pineapple Juice
12 floz	Cranberry Juice Cocktail
12 fl oz	Orange Juice
1/4 tsp	Ground Ginger
1/8 tsp	Mint Extract
9 Scoops	Thick-It® Clear Advantage® Powder Food & Beverage Thickener

Yield: 3 Servings

Serving Size 8 fl oz

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2 MILDLY THICK

3 MODERATELY THICK

Directions MT2 or MO3

1. Wash hands before beginning preparation. Thoroughly clean and sanitize surfaces and equipment (CCP).
2. Chill juices to 40°F or lower.
3. Measure pineapple juice, cranberry juice cocktail, and orange juice into large pitcher.
4. Add ground ginger to the combined juices and whisk until ginger is well dispersed.
5. Mix in mint extract.
6. Measure level scoops of Thick-It® Clear Advantage® Powder Food & Beverage Thickener into a separate pitcher.
7. Quickly add juice mixture into pitcher with Thick-It® Clear Advantage® Powder Food & Beverage Thickener.
8. Stir briskly with fork, spoon, or whisk for 30 seconds to 1 minute.
9. Let stand 5 minutes.
10. Stir and test per IDDSI Testing Methods for Mildly Thick, Level 2 (MT2) or Moderately Thick, Level 3 (MO3) using the IDDSI Flow Test and Fork Drip Test. Refer to IDDSI.org for how to use these testing methods.
11. Hold at 40°F or lower until service (CCP).
12. Stir and test again before serving.
13. Portion 8 fl oz.

See Page 32 for Nutrition Facts

These recipes may not be appropriate for all people with dysphagia. Consult with a physician or other qualified healthcare professional about questions concerning your patients' health and diet, particularly regarding the suitability of these recipes for your patients.

- Do not garnish.
- Do not add ice.
- Verify final recipe per IDDSI Flow Test and IDDSI Fork Drip Test for IDDSI Mildly Thick, Level 2 (MT2) or Moderately Thick, Level 3 (MO3) before service. Refer to IDDSI.org for how to use these testing methods.
- Recipe may be altered to include more or less liquid and/or more or less Thick-It® Clear Advantage® Powder Food & Beverage Thickener depending on the results of IDDSI testing.
- Recipe standardized and tested at 40°F. Temperature may affect IDDSI testing results.
- Make certain to refer to local food regulation for management of time and temperature values for prepared items. This would apply to hot and cold holding as well as time out of temperature control.
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Island Punch Mocktail

Transport yourself to paradise with our Island Punch Mocktail, thickened for ease of swallowing at IDDSI levels MT2 or MO3. A delightful blend of fruity flavors, perfect summer celebrations.

Ingredients MT2

12 fl oz	Iced Tea, Sweetened
6 fl oz	Pineapple Juice
6 fl oz	Orange Juice
1/2 tsp	Ground Ginger
6 Scoops	Thick-It® Clear Advantage® Powder Food & Beverage Thickener

Ingredients MO3

12 fl oz	Iced Tea, Sweetened
6 fl oz	Pineapple Juice
6 fl oz	Orange Juice
1/2 tsp	Ground Ginger
9 Scoops	Thick-It® Clear Advantage® Powder Food & Beverage Thickener

Yield: 3 Servings

Serving Size 8 fl oz

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2 MILDLY THICK

3 MODERATELY THICK

Directions MT2 or MO3

1. Wash hands before beginning preparation. Thoroughly clean and sanitize surfaces and equipment (CCP).
2. Chill iced tea and juices to 40°F or lower.
3. Measure iced tea, orange juice, and pineapple juice into a large pitcher.
4. Add ground ginger to the combined liquids and whisk until ginger is well dispersed.
5. Measure level scoops of Thick-It® Clear Advantage® Powder Food & Beverage Thickener into a separate pitcher.
6. Quickly add liquid mixture into pitcher with Thick-It® Clear Advantage® Powder Food & Beverage Thickener.
7. Stir briskly with fork, spoon, or whisk for 30 seconds to 1 minute.
8. Let stand 5 minutes.
8. Stir and test per IDDSI Testing Methods for Mildly Thick, Level 2 (MT2) or Moderately Thick, Level 3 (MO3) using the IDDSI Flow Test and Fork Drip Test. Refer to IDDSI.org for how to use these testing methods.
9. Hold at 40°F or lower until service (CCP).
10. Stir and test again before serving.
11. Portion 8 fl oz.

See Page 33 for Nutrition Facts

- Do not garnish.
- Do not add ice.
- Verify final recipe per IDDSI Flow Test and IDDSI Fork Drip Test for IDDSI Mildly Thick, Level 2 (MT2) or Moderately Thick, Level 3 (MO3) before service. Refer to IDDSI.org for how to use these testing methods.
- Recipe may be altered to include more or less liquid and/or more or less Thick-It® Clear Advantage® Powder Food & Beverage Thickener depending on the results of IDDSI testing.
- Recipe standardized and tested at 40°F. Temperature may affect IDDSI testing results.
- Make certain to refer to local food regulation for management of time and temperature values for prepared items. This would apply to hot and cold holding as well as time out of temperature control.
- For optimal quality and safety, these products are intended for immediate consumption upon preparation or within 24 hours following proper handling guidance.

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Spiced Apple Mocktail

Savor a comforting Spiced Apple Mocktail, combining apple and orange juices with a hint of cinnamon, thickened for IDDSI levels MT2 or MO3.

Ingredients MT2

3 fl oz	Lemonade, Prepared
18 fl oz	Apple Juice
3 fl oz	Orange Juice
1/2 tsp	Ground Cinnamon
6 Scoops	Thick-It® Clear Advantage® Powder Food & Beverage Thickener

Ingredients MO3

3 fl oz	Lemonade, Prepared
18 fl oz	Apple Juice
3 fl oz	Orange Juice
1/2 tsp	Ground Cinnamon
9 Scoops	Thick-It® Clear Advantage® Powder Food & Beverage Thickener

Yield: 3 Servings

Serving Size 8 fl oz

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2 MILDLY THICK

3 MODERATELY THICK

Directions MT2 or MO3

1. Wash hands before beginning preparation. Thoroughly clean and sanitize surfaces and equipment (CCP).
2. Prepare lemonade with powdered lemonade mix according to manufacturer's instructions. Alternatively, may use commercially available lemonade without pulp.
3. Chill lemonade, apple juice, and orange juice to 40°F or lower.
4. Measure prepared lemonade and juices into a large pitcher.
5. Add ground cinnamon to the combined liquids and whisk until cinnamon is well dispersed.
6. Measure level scoops of Thick-It® Clear Advantage® Powder Food & Beverage Thickener into a separate pitcher.
7. Quickly add liquid mixture into pitcher with Thick-It® Clear Advantage® Powder Food & Beverage Thickener.
8. Stir briskly with fork, spoon, or whisk for 30 seconds to 1 minute.
9. Let stand 5 minutes.
10. Stir and test per IDDSI Testing Methods for Mildly Thick, Level 2 (MT2) or Moderately Thick, Level 3 (MO3) using the IDDSI Flow Test and Fork Drip Test. Refer to IDDSI.org for how to use these testing methods.
11. Hold at 40°F or lower until service (CCP).
12. Stir and test again before serving.
13. Portion 8 fl oz.

See Page 33 for Nutrition Facts

These recipes may not be appropriate for all people with dysphagia. Consult with a physician or other qualified healthcare professional about questions concerning your patients' health and diet, particularly regarding the suitability of these recipes for your patients.

- Do not garnish.
- Do not add ice.
- Verify final recipe per IDDSI Flow Test and IDDSI Fork Drip Test for IDDSI Mildly Thick, Level 2 (MT2) or Moderately Thick, Level 3 (MO3) before service. Refer to IDDSI.org for how to use these testing methods.
- Recipe may be altered to include more or less liquid and/or more or less Thick-It® Clear Advantage® Powder Food & Beverage Thickener depending on the results of IDDSI testing.
- Recipe standardized and tested at 40°F. Temperature may affect IDDSI testing results.
- Make certain to refer to local food regulation for management of time and temperature values for prepared items. This would apply to hot and cold holding as well as time out of temperature control.
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Braised Chicken Thighs

Nutrition Information MM5
Per Serving

- Calories 160
- Protein 21 g
- Total Carbohydrates 2 g
- Total Fat 7 g
- Sodium 260 mg
- Cholesterol 115 mg

Nutrition Information PU4
Per Serving

- Calories 160
- Protein 21 g
- Total Carbohydrates 1 g
- Total Fat 7 g
- Sodium 260 mg
- Cholesterol 115 mg

Chilled Peaches

Nutrition Information MM5
Per Serving

- Calories 100
- Protein 1 g
- Total Carbohydrates 26 g
- Total Fat 0 g
- Sodium 20 mg
- Cholesterol 0 mg

Nutrition Information PU4
Per Serving

- Calories 110
- Protein 1 g
- Total Carbohydrates 27 g
- Total Fat 0 g
- Sodium 45 mg
- Cholesterol 0 mg

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Fresh Cantaloupe

Nutrition Information MM5
Per Serving

- Calories 60
- Protein 1 g
- Total Carbohydrates 14 g
- Total Fat .5 g
- Sodium 45 mg
- Cholesterol 0 mg

Nutrition Information PU4
Per Serving

- Calories 60
- Protein 1 g
- Total Carbohydrates 15 g
- Total Fat .5 g
- Sodium 65 mg
- Cholesterol 0 mg

Minestrone Soup

Nutrition Information LQ3
Per Serving

- Calories 90
- Protein 4 g
- Total Carbohydrates 14 g
- Total Fat 1.5 g
- Sodium 540 mg
- Cholesterol 0 mg

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Pasta with Marinara Sauce

Nutrition Information MM5
Per Serving

- Calories 170
- Protein 4 g
- Total Carbohydrates 27 g
- Total Fat 5 g
- Sodium 320 mg
- Cholesterol 0 mg

Nutrition Information PU4
Per Serving

- Calories 170
- Protein 4 g
- Total Carbohydrates 27 g
- Total Fat 5 g
- Sodium 320 mg
- Cholesterol 0 mg

Beef Stew

Nutrition Information MM5
Per Serving

- Calories 170
- Protein 28 g
- Total Carbohydrates 1 g
- Total Fat 6 g
- Sodium 230 mg
- Cholesterol 80 mg

Nutrition Information PU4
Per Serving

- Calories 170
- Protein 28 g
- Total Carbohydrates 1 g
- Total Fat 6 g
- Sodium 250 mg
- Cholesterol 80 mg

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Seasoned Broccoli

Nutrition Information MM5
Per Serving

- Calories 40
- Protein 2 g
- Total Carbohydrates 3 g
- Total Fat 3 g
- Sodium 120 mg
- Cholesterol 0 mg

Nutrition Information PU4
Per Serving

- Calories 45
- Protein 2 g
- Total Carbohydrates 3 g
- Total Fat 3 g
- Sodium 140 mg
- Cholesterol 0 mg

Seasoned Carrots

Nutrition Information MM5
Per Serving

- Calories 90
- Protein 1 g
- Total Carbohydrates 8 g
- Total Fat 7 g
- Sodium 280 mg
- Cholesterol <5 mg

Nutrition Information PU4
Per Serving

- Calories 90
- Protein 1 g
- Total Carbohydrates 8 g
- Total Fat 7 g
- Sodium 300 mg
- Cholesterol <5 mg

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Arnold Palmer Mocktail

Nutrition Information MT2
Per Serving

- Calories 110
- Protein 0 g
- Total Carbohydrates 29 g
- Total Fat 0 g
- Sodium 80 mg
- Cholesterol 0 mg

Nutrition Information MO3
Per Serving

- Calories 120
- Protein 0 g
- Total Carbohydrates 30 g
- Total Fat 0 g
- Sodium 115 mg
- Cholesterol 0 mg

Cranberry Sangria Mocktail

Nutrition Information MT2
Per Serving

- Calories 150
- Protein 1 g
- Total Carbohydrates 35 g
- Total Fat 0 g
- Sodium 75 mg
- Cholesterol 0 mg

Nutrition Information MO3
Per Serving

- Calories 130
- Protein 1 g
- Total Carbohydrates 32 g
- Total Fat 0 g
- Sodium 5 mg
- Cholesterol 0 mg

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Island Punch Mocktail

Nutrition Information MT2
Per Serving

- Calories 120
- Protein 1 g
- Total Carbohydrates 29 g
- Total Fat 0 g
- Sodium 75 mg
- Cholesterol 0 mg

Nutrition Information MO3
Per Serving

- Calories 130
- Protein 1 g
- Total Carbohydrates 30 g
- Total Fat 0.2 g
- Sodium 110 mg
- Cholesterol 0 mg

Spiced Apple Mocktail

Nutrition Information MT2
Per Serving

- Calories 130
- Protein 0 g
- Total Carbohydrates 3 g
- Total Fat 0 g
- Sodium 80 mg
- Cholesterol 0 mg

Nutrition Information MO3
Per Serving

- Calories 140
- Protein 0 g
- Total Carbohydrates 5 g
- Total Fat 0 g
- Sodium 115 mg
- Cholesterol 0 mg

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