



Ingredients

Measurement

Ice Cream	4 Cups
SimplyThick® EasyMix™	1 Bulk Packet (48g) 2 Mildly Thick Packet OR 8 Individual Packets (6g each) 2 Mildly Thick Packet OR 8 Strokes from Bottle & Pump

Special Equipment Needed: Food Processor

Wash hands before beginning preparation. SANITIZE surface & equipment.

1. Soften ice cream for 15 minutes and scoop into food processing bowl.
2. Add SimplyThick EasyMix to food processing bowl.
3. Process ice cream and SimplyThick EasyMix gel until mixed or particles in ice cream are thoroughly pulverized.
4. Pour/scoop into individual serving dishes or one container suitable for freezing. Remove from freezer when ready to serve.

Critical Control Points (CCP):

- o Freeze, and maintain freeze at 0° F or less.

Notes:

- o Ice cream blends well with SimplyThick EasyMix, and a wide variety of ice cream flavors can be used. You can even blend the mixture to IDDSI Level 4 - Pureed without affecting SimplyThick EasyMix.
- o Final texture is soft and spoonable at room temperature.
- o Enjoy a wider variety of flavors at less cost than purchased thickened desserts.
- o To meet IDDSI standards for Level 4 - Pureed, thickened ice cream must pass the Spoon Tilt Test and Fork Drip Test. See guidelines and resources to the right.

IDDSI Testing Methods	
Spoon Tilt Test	<ul style="list-style-type: none"> o Sample holds its shape on the spoon and falls off fairly easily if the spoon is tilted or lightly flicked o Sample should not be firm or sticky
Fork Drip Test	<ul style="list-style-type: none"> o Sample sits in a mound/pile above the fork o A small amount may flow through and form a short tail below the fork tines/prongs, but it <u>does not</u> flow or drip <u>continuously</u> through the tines/prongs of the fork
<p>For more details regarding the International Dysphagia Diet Standardisation Initiative (IDDSI), visit www.iddsi.org.</p> <p><small>© The International Dysphagia Diet Standardisation Initiative 2019 @ https://iddsi.org/framework. Licensed under the Creative Commons Attribution Sharealike 4.0 License https://creativecommons.org/licenses/by-sa/4.0/legalcode.</small></p>	

If you have any questions pertaining to SimplyThick products, please contact us at
(800) 205-7115 or www.simplythick.com.