



4 Pureed Eggs

INGREDIENTS

- 4 eggs, scrambled and cooked (hot or cold)
- 2 oz. milk, slightly warmed to take the chill off
- 12g SimplyThick® EasyMix™

NOTES

Unused portions can be frozen and re-heated to serve. Typically, you will not need to add more liquid to scrambled eggs to meet IDDSI standards. However, it is common for scrambled eggs to “give up” water-thin liquids. Be prepared to drain water-thin liquids and monitor closely while eating to avoid choking risk.

DIRECTIONS

1. Combine warm milk and SimplyThick® EasyMix™ in a small bowl. Set aside for Step 7.
2. Put eggs into food processor with sharp blade.
3. Put cover on processor. Run processor for 5 seconds.
4. Open processor and inspect the contents of the bowl:
 - a. Scrape sides and bottom of processor bowl.
 - b. Remove any burnt, overcooked, tough, or stringy pieces. If any water-thin liquid begins to pool, drain or spoon out of processor.
5. Put cover on processor. Start processor and add 1 oz. of thickened milk from Step 1.
6. Using approximately 10 second intervals, process as long as necessary to eliminate all lumps:
 - a. Stop processor and scrape sides after each interval of processing.
 - b. Add more thickened milk from Step 1 if needed to control water-thin liquids or if desired for texture. Typically, 2-3 rounds of processing and scraping will be needed.
7. Evaluate to ensure compliance with IDDSI Level 4, Pureed requirements.
8. Remove from bowl and serve, or separate into portions for storage.

Thickened Mimosa

INGREDIENTS

- 2 oz. pulp-free orange juice
- 2 oz. chilled champagne
- SimplyThick® EasyMix™

NOTES

Substitute Pineapple Juice for Champagne to make a delicious Mocktail!

DIRECTIONS

1. Combine 2 oz. of pulp-free chilled orange juice and 2 oz. of chilled champagne in a glass.
2. Stir for 5 seconds. Allow the fizz to settle.
3. Add 1-Individual SimplyThick® EasyMix™ packet based on desired consistency (Slightly, Mildly, or Moderately Thick).
4. Stir slowly for 45 seconds, until thickened. Enjoy!

