GUIDE to your THICK & EASY® PUREED MEAL KITS

Hormel™ THICK & EASY®MD

Egg & Sausage
BREAKFAST

Beef & Turkey
LUNCH/DINNER

Chicken & Pork
LUNCH/DINNER

HORMEL HEALTH LABS

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About Thick & Easy® Shaped Purees

After difficult health events, proper nutrition is very important for recovery and a return to normalcy. We've worked very hard to create pureed foods that go beyond meeting the consistency needs of those challenged by dysphagia. We work diligently with chefs who understand swallowing issues, and are passionate about ensuring a great taste. We hope our meals provide some unexpected enjoyment to those experiencing life changes.

A Message from Our Team

We at Hormel Health Labs are passionate about providing nourishment to people when they need it most. We know that food is more than a necessity — it is a central part of our daily lives. Food provides enjoyment, comfort, and brings us together with those we care about. Our mission is to help you get the nutrition you need through products that are tasty, convenient and familiar.

Swallowing difficulties create a lot of challenges, but we believe they should not prevent anyone from enjoying food that is nutritious and enjoyable. We strive every day to make your eating experience better and help you get back to normal. We truly hope this meal kit helps you do just that, and we welcome your thoughts on how we can be even more helpful.

Sincerely,

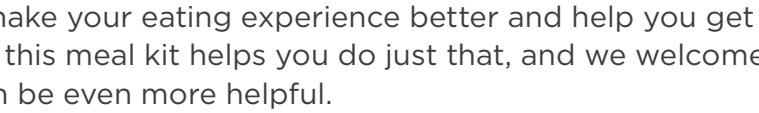


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More information available at HormelHealthLabs.com/meal-kits

MEAL KIT CONTENTS & PREPARATION

FULL PREPARATION INSTRUCTIONS ON **PAGE 8**
Download printable PDF at **HormelHealthLabs.com**/meal-kits

STEAMING IS THE RECOMMENDED METHOD OF COOKING FOR OPTIMAL TASTE & TEXTURE

STEAM or: MICROWAVE 185° MICROWAVE 165° THAW & SERVE FROZEN

1 Egg & Sausage BREAKFAST	2 Beef & Turkey LUNCH/DINNER	3 Chicken & Pork LUNCH/DINNER
PROTEIN		
6 Omelets **3** Sausages or	**3** Roast Beef **3** Roast Turkey or	**3** Chicken Breast **3** Roast Pork or
STARCH		
3 Pancakes **3** French Toast **3** Waffles **6** Slices of Bread or	**6** Slices of Bread or	**6** Slices of Bread or
FRUIT		
3 Mixed Berry **3** Pears **3** Peaches	**2** Pears **2** Pineapple Rings **2** Peaches	**2** Pears **2** Pineapple Rings **2** Peaches
VEGETABLE		
	2 Carrots **2** Sweet Corn **2** Green Beans or	**2** Carrots **2** Sweet Corn **2** Green Beans or
DESSERT		
	6 Magic Cup or	**6** Magic Cup or

PROTEIN NUTRITION FACTS & INGREDIENTS

ROAST PORK



Serving Size 1 Piece	(85g)
Calories	160
Total fat	9g/12%
Saturated fat	3g/15%
Trans fat	0g
Cholesterol	30mg/10%
Sodium	360mg/16%
Potassium	90mg
Total carbohydrates	5g/2%
Dietary fiber	0g/0%
Sugar	0g
Protein	14g
Vitamin D	0%
Calcium	2%
Iron	6%
Phosphorous	2%
Copper	0%

Ingredients: Pork, Water, Isolated Soy Protein (Contains Soy Lecithin), Modified Cornstarch, Contains 2% or less of, Dried Egg Whites Rice Flour, Flavoring, Cultured Dextrose (Cultured Dextrose, Maltodextrin), Salt, Xanthan Gum, Konjac Gum, Natural and Artificial Flavor (Contains Water, Glycerol, Invert Sugar), Dehydrated Worcestershire Sauce (Dextrose, Dehydrated Garlic, Salt, Cellulose Gum, Chili Pepper, Spices, Mustard, Malic Acid, Natural Flavorings, Dehydrated Onions), Hydrolyzed Wheat Gluten Protein, Lime Flavor (Corn Syrup Solids, Lime Juice Solids, Natural Flavor), Caramel Color, Maltodextrin, Disodium Inosinate and Disodium Guanylate. CONTAINS: EGG, SOY, WHEAT.

CHICKEN BREAST



Serving Size 1 Piece	(85g)
Calories	100
Calories from fat	35
Total fat	4g/6%
Saturated fat	1g/5%
Trans fat	0g
Cholesterol	30mg/10%
Sodium	310mg/13%
Potassium	35mg
Total carbohydrates	3g/1%
Dietary fiber	0g/0%
Sugar	0g
Protein	14g
Vitamin A	0%
Vitamin C	0%
Calcium	2%
Iron	6%

Ingredients: Dark Chicken Meat, Water, Isolated Soy Protein, Rice Flour, Egg Whites, Seasoning (Salt, Chicken Flavors, (Salt, Maltodextrin, Natural Flavors, Yeast Extract, Chicken Fat, Sugar, Corn Starch, Onions, Onion Powder, Sunflower Oil, Carrots, Celery, Alpha-Tocopherol, Modified Food Starch, Whey Powder, Egg Yolk Powder, Milk Powder, Sesame Oil, Silicon Dioxide), Natural Flavors, Onion Powder, Garlic Powder), Modified Corn Starch, Xanthan Gum, Artificial Butter Flavor (Water, Glycerine, Invert Sugar). CONTAINS: SOY, EGG AND MILK INGREDIENTS.

ROAST BEEF



Serving Size 1 Piece	(85g)
Calories	130
Total fat	7g/9%
Saturated fat	3g/15%
Trans fat	0g
Cholesterol	40mg/13%
Sodium	380mg/17%
Potassium	90mg
Total carbohydrates	2g/1%
Dietary fiber	0g/0%
Sugar	0g
Protein	15g
Vitamin D	0%
Calcium	4%
Iron	8%
Folate	1964%
Phosphorous	8%
Copper	0%

Ingredients: Beef, Water, Isolated Soy Protein (Contains Soy Lecithin), Contains 2% or less of Dried Egg Whites, Hydrolyzed Wheat Gluten Protein, Modified Cornstarch, Cultured Dextrose (Cultured Dextrose, Maltodextrin), Rice Flour, Xanthan Gum, Caramel Color, Disodium Inosinate and Disodium Guanylate, Konjac Gum, Dehydrated Worcestershire Sauce (Dextrose, Dehydrated Garlic, Salt, Cellulose Gum, Chili Pepper, Spices, Mustard, Malic Acid, Natural Flavorings, Dehydrated Onions), Carrot Powder (Maltodextrin, Carrot Juice), Mushroom Extract (Mushrooms, Maltodextrin), Lime Flavor (Corn Syrup Solids, Lime Juice Solids, Natural Flavor), Dried Celery, Maltodextrin, Flavoring. CONTAINS: EGG, SOY, WHEAT.

ROAST TURKEY



Serving Size 1 Piece	(85g)
Calories	100
Calories from fat	20
Total fat	2g/3%
Saturated fat	0.5g/3%
Trans fat	0g
Cholesterol	25mg/8%
Sodium	270mg/11%
Potassium	160mg
Total carbohydrates	3g/1%
Dietary fiber	0g/0%
Sugar	0g
Protein	16g
Vitamin A	0%
Vitamin C	0%
Calcium	2%
Iron	10%

Ingredients: Dark Turkey, Water, Isolated Soy Protein, Rice Flour, Egg Whites, Seasoning (Autolyzed Yeast, Natural Flavors, Garlic Powder, Onion Powder), Modified Corn Starch, Xanthan Gum, Artificial Butter Flavor (Water, Glycerine, Invert Sugar). CONTAINS: SOY AND EGG INGREDIENTS

SAUSAGES



Serving Size 1 Piece	(71g)
Calories	100
Calories from fat	40
Total fat	4.5g/7%
Saturated fat	1.5g/8%
Trans fat	0g
Cholesterol	20mg/7%
Sodium	320mg/13%
Potassium	140mg
Total carbohydrates	3g/1%
Dietary fiber	0g/0%
Sugar	2g
Protein	11g
Vitamin A	0%
Vitamin C	0%
Calcium	2%
Iron	6%
Phosphorous	4%

Ingredients: Pork, Water, Soy Protein Isolate, Egg Whites, Seasoning (Dextrose,Sugar, Spice Extractives, Spice, with not more than 2% Silicon Dioxide added as an Anti-Caking Agent), Modified Cornstarch, Rice Flour, Cultured Dextrose, Salt, Artificial Flavor (Water, Glycerine, Invert Sugar), Xanthan Gum, Cocoa, Caramel Color, Hydrolyzed Wheat Protein (Gluten), Natural Flavor (Propylene Glycol, Natural Smoke Flavor), Disodium Inosinate, Disodium Guanylate, Annatto Color. CONTAINS: EGGS, WHEAT, & SOY.

OMELETS



Serving Size 1 Piece	(71g)
Calories	120
Calories from fat	50
Total fat	8g/10%
Saturated fat	2g/10%
Trans fat	0g
Cholesterol	150mg/50%
Sodium	240mg/10%
Potassium	0mg
Total carbohydrates	5g/2%
Dietary fiber	0g/0%
Sugar	0g
Protein	6g/35%
Vitamin C	0%
Calcium	4%
Iron	4%
Phosphorus	8%

Ingredients: Egg, Water, Canola Oil, Modified Cornstarch, Potato Flakes (Potatoes, Monoglycerides, Sodium Acid Pyrophosphate, Citric Acid, Sodium Bisulfite and BHA), Cultured Dextrose, Chicken Base (Chicken Meat in Chicken Broth (Chicken Meat, Chicken Broth, Chicken Fat, Modified Food Starch and/or Rice Flour, Salt), Salt, Hydrolyzed Corn & Soy Protein, Sugar, Natural Flavorings, Autolyzed Yeast Extract, Potato Flour, Carrots Powder, Turmeric), Bacon Base (Bacon (Cured with Water, Salt, Sugar, Sodium Phosphate, Sodium Erythorbate, Sodium Nitrate.), Salt, Cooked Ham (Cured with Water, Salt, Potassium Lactate, Dextrose, Modified Potato Starch, Sodium Phosphate, Sodium Erythorbate, Sodium Nitrite, Sugar, Corn Syrup, Sodium Diacetate), Hydrolyzed Soy and Corn Protein, Canola Oil, Brown Sugar, Corn Starch, Yeast Extract, Onion Powder, Natural Flavor, Disodium Inosinate, Disodium Guanylate, Lactic Acid, Caramel Color, Smoke Flavor (Maltodextrin, Natural Smoke Flavor), Nonfat Dry Milk (with Vitamin A Palmitate, Vitamin D3), Konjac Flour, Butter Flavor (Butter (Cream, Salt, Annatto Extract), Nonfat Dry Milk, Maltodextrin, Natural Flavor, Sodium Citrate, Citric Acid, Tocopherol, Beta Carotene), Yeast Extract, Citric Acid, Spice, Annatto Color. CONTAINS: WHEAT, EGGS, SOY, & MILK.

STARCH NUTRITION FACTS & INGREDIENTS

BREAD



Serving Size 3oz.	(85g)
Calories	160
Calories from fat	70
Total fat	8g/12%
Saturated fat	3.5g/18%
Trans fat	0g
Cholesterol	55mg/18%
Sodium	240mg/10%
Potassium	120mg
Total carbohydrates	14g/5%
Dietary fiber	1g/4%
Sugar	5g
Protein	7g
Vitamin A	2%
Vitamin C	0%
Calcium	4%
Iron	4%

Ingredients: Whole Milk, Egg Whites, Bread Crumbs (Bleached Wheat Flour, Dextrose, Contains 2% or Less of Salt, Yeast), Cottage Cheese (Cultured Pasteurized Skim Milk, Whey Protein Concentrate, Cream, Whey [Milk], Salt, Modified Food Starch, Potassium Sorbate and Carbon Dioxide (to preserve freshness), Guar Gum, Carrageenan, Locust Bean Gum, Enzyme), Butter, Flour Blend (Millet Flour, Barley Flour, Oat Flour), Egg Yolks, Soybean Oil, Water, Isolated Soy Protein, Sugar, Gelatin, Salt, Baking Powder (Baking Soda, Cornstarch, Sodium Aluminum Sulfate, Calcium Sulfate, Monocalcium Phosphate). CONTAINS: EGGS, MILK, SOY AND WHEAT INGREDIENTS

PANCAKES



Serving Size 1 Piece	(71g)
Calories	110
Calories from fat	20
Total fat	2.5g/4%
Saturated fat	0g/0%
Trans fat	0g
Cholesterol	20mg/7%
Sodium	200mg/8%
Potassium	80mg
Total carbohydrates	13g/4%
Dietary fiber	0g/0%
Sugar	7g
Protein	7g
Vitamin A	0%
Vitamin C	0%
Calcium	4%
Iron	4%

Ingredients: Water, Waffles Mix (Enriched Bleached Wheat Flour (Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Sunflower Oil Powder (Sunflower Oil, Buttermilk, Disodium Phosphate, Natural Flavor), Rice Flour, Egg Yolk, Sugar, Leavening (Sodium Bicarbonate, Sodium Acid Pyrophosphate, Monocalcium Phosphate), Egg Whites, Salt, Maltodextrin, Skim Milk, Artificial Flavor), Sugar, Soy Protein Isolate, Egg Whites, Maple Syrup Flavor (Propylene Glycol, Water, Maple Syrup), Vanilla Extract (Vanilla beans Extractives, Alcohol, Water), Cultured Dextrose, Modified Cornstarch, Butter Flavor (Butter (Cream, Salt, Annatto Extract), Non-Fat Dry Milk, Maltodextrin, Modified Food Starch, Natural Flavor, Sodium Citrate, Citric Acid, Tocopherol, Beta Carotene), Soybean Oil, Leavening Agent (Palm Lipid, Sodium Aluminum Phosphate, Sodium Bicarbonate), Annatto Color. CONTAINS: WHEAT, EGG, SOY AND MILK

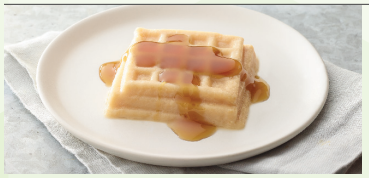
FRENCH TOAST



Serving Size 1 Container	(85g)
Calories	110
Calories from fat	30
Total fat	3g/5%
Saturated fat	1.5g/8%
Trans fat	0g
Cholesterol	60mg/20%
Sodium	140mg/6%
Potassium	110mg
Total carbohydrates	13g/4%
Dietary fiber	2g/8%
Sugar	8g
Protein	8g
Vitamin A	0%
Vitamin C	0%
Calcium	4%
Iron	4%

Ingredients: Egg Whites, Applesauce (Apples, High Fructose Corn Syrup, Corn Syrup, Water), Whole Milk, Bread Crumbs (Bleached Wheat Flour, Dextrose, Contains 2% or less of Salt, Yeast), Egg Yolks, Sugar, Isolated Soy Protein, Gelatin, Cinnamon, Natural Flavor. CONTAINS: EGGS, MILK, SOY AND WHEAT INGREDIENTS

WAFFLES



Serving Size 1 Piece	(71g)
Calories	100
Calories from fat	20
Total fat	2g/3%
Saturated fat	0g/0%
Trans fat	0g
Cholesterol	30mg/10%
Sodium	180mg/8%
Potassium	20mg
Total carbohydrates	13g/4%
Dietary fiber	0g
Sugar	7g
Protein	6g
Vitamin A	2%
Vitamin C	0%
Calcium	8%
Iron	2%

Ingredients: Water, Waffle Mix (Enriched Bleached Wheat Flour (Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Sunflower Oil Powder (Sunflower Oil, Buttermilk, Disodium Phosphate, Natural Flavor), Rice Flour, Egg Yolk, Sugar, Leavening (Sodium Bicarbonate, Sodium Acid Pyrophosphate, Monocalcium Phosphate), Egg White, Salt, Maltodextrin, Skim Milk, Artificial Flavor), Sugar, Whey Protein Concentrate, Egg Whites, Cultured Dextrose, Maple Syrup With Other Natural Flavors (Water, Natural Flavors, Maple Syrup), Modified Food Starch, Butter Flavor (Butter (Cream, Salt, Annatto Extract), Non-Fat Dry Milk, Maltodextrin, Modified Food Starch, Natural Flavor, Sodium Citrate, Citric Acid, Tocopherol, Beta Carotene), Natural & Artificial Graham Cracker Flavor (Water, Natural and Artificial Flavoring, Molasses, Caramel Color), Soybean Oil, Leavening Agent (Palm Lipid, Sodium Aluminum Phosphate, Sodium Bicarbonate), Annatto Color. CONTAINS: WHEAT, EGG and MILK

HAVE QUESTIONS? SPEAK WITH ONE OF OUR NUTRITION EXPERTS

(888) 617-3482

HormelHealthLabs.com/**contact-us**

FRUIT NUTRITION FACTS & INGREDIENTS

PINEAPPLE RINGS



Serving Size 1 Piece	(71g)
Calories	80
Calories from fat	5
Total fat	0g/0%
Saturated fat	0g/0%
Trans fat	0g
Cholesterol	0mg/0%
Sodium	30mg/1%
Potassium	80mg
Total carbohydrates	18g/6%
Dietary fiber	1g/4%
Sugar	12g
Protein	0g
Vitamin A	0%
Vitamin C	35%
Calcium	0%
Iron	2%

Ingredients: Pineapple Puree, Water, Sugar, Pineapple Concentrate, Pectin (Standardized with Dextrose), Soybean Oil, Pineapple Flavor (Propylene Glycol, Ethyl Glycol, Water, Natural Flavoring), Malic Acid, Xanthan Gum, Konjac Flour, Calcium Citrate, Fruit Juice for Color, Salt, Lemon Juice Concentrate (Corn Syrup Solids, Natural Flavors (Lemon Juice Solids))

MIXED BERRY



Serving Size 1 Piece	(71g)
Calories	90
Calories from fat	5%
Total fat	1g/2%
Saturated fat	0g/0%
Trans fat	0g
Cholesterol	0mg/0%
Sodium	5mg/0%
Potassium	40mg
Total carbohydrates	22g/7%
Dietary fiber	1g/4%
Sugar	17g
Protein	0g
Vitamin A	0%
Vitamin C	10%
Calcium	0%
Iron	2%

Ingredients: Berry Purees (Strawberry, Marionberry, Blueberry, Red Raspberry), Water, Sugar, Pectin (Processed With Dextrose), Vegetable Oil, Natural Flavors, Modified Corn Starch, Malic Acid, Calcium Citrate, Xanthan Gum, Konjac Flour, Lemon Juice Powder (Corn Syrup Solids, Natural Flavors (Lemon Juice Solids))

PEACHES



Serving Size 1 Piece	(71g)
Calories	90
Calories from fat	5
Total fat	0.5g/1%
Saturated fat	0g/0%
Trans fat	0g
Cholesterol	0mg/0%
Sodium	10mg/0%
Potassium	60mg
Total carbohydrates	20g/7%
Dietary fiber	2g/8%
Sugar	15g
Protein	1g
Vitamin A	4%
Vitamin C	4%
Calcium	0%
Iron	0%

Ingredients: Peach Puree, Water, Sugar, Peach Concentrate, Pectin (Standardized with Detrose), Soybean Oil, Natural Flavor, Malic Acid, Calcium Citrate, Xanthan Gum, Konjac Flour, Fruit Juice for Color, Lemon Juice Powder (Corn Syrup Solids, Natural Flavors (Lemon Juice Solids))

DESSERT NUTRITION FACTS & INGREDIENTS

PEARS



Serving Size 1 Piece	(71g)
Calories	90
Calories from fat	5
Total fat	0g/0%
Saturated fat	0g/0%
Trans fat	0g
Cholesterol	0mg/0%
Sodium	15mg/1%
Potassium	55mg
Total carbohydrates	21g/7%
Dietary fiber	1g/4%
Sugar	13g
Protein	0g
Vitamin A	0%
Vitamin C	4%
Calcium	0%
Iron	0%

Ingredients: Pear Puree, Sugar, Water, Pectin (Standardized With Dextrose), Natural Flavor, Soybean Oil, Malic Acid, Calcium Citrate, Xanthan Gum, Konjac Flour, Salt.

MAGIC CUP – VANILLA



Serving Size 1 Unit	
Calories	290
Calories from fat	100
Total fat	11g/17%
Saturated fat	6g/30%
Trans fat	0g
Cholesterol	5mg/2%
Sodium	110mg/5%
Potassium	350mg
Total carbohydrates	38g/13%
Dietary fiber	0g/0%
Sugar	31g
Protein	9g
Vitamin A	15%
Vitamin C	15%
Calcium	15%
Iron	15%

Ingredients: Skim Milk, High Fructose Corn Syrup, Palm Oil, Maltodextrin, Stabilizer (Food Starch-Modified, Gelatin, Mono- & Diglycerides, Polylobate 80, Carrageenan, Cellulose Gum, Xanthan Gum), Contains 2% or less of Milk Protein Concentrate, Whey Protein Concentrate, Vitamin and Mineral Blend (DiMagnesium Phosphate, Tricalcium Phosphate, Sodium Ascorbate, Ferric Orthophosphate, Vitamin E Acetate, Niacinamide, Zinc Oxide, Copper Gluconate, D-Calcium Pantothenate, Vitamin A Palmitate, Pyridoxine Hydrochloride, Riboflavin, Thiamine Mononitrate, Folic Acid, Biotin, Potassium Iodide, Vitamin D3, Vitamin B12), Natural And Artificial Flavor, Molasses, Caramel Color. CONTAINS: MILK

MAGIC CUP – WILD BERRY



Serving Size 1 Unit	
Calories	290
Calories from fat	100
Total fat	11g/17%
Saturated fat	6g/30%
Trans fat	0g
Cholesterol	5mg/2%
Sodium	110mg/5%
Potassium	350mg
Total carbohydrates	38g/13%
Dietary fiber	0g/0%
Sugar	31g
Protein	9g
Vitamin A	15%
Vitamin C	15%
Calcium	15%
Iron	15%

Ingredients: Skim Milk, High Fructose Corn Syrup, Palm Oil, Maltodextrin, Stabilizer (Food Starch-Modified, Gelatin, Mono- and Diglycerides, Polysorbate 80, Carrageenan, Cellulose Gum, Xanthan Gum), Contains 2% or less of Milk Protein Concentrate, Whey Protein Concentrate, Natural & Artificial Flavor (Blueberry, Raspberry, Strawberry), Vitamins And Mineral Blend (DiMagnesium Phosphate, Tricalcium Phosphate, Sodium Ascorbate, Ferric Orthophosphate, Vitamin E Acetate, Niacinamide, Zinc Oxide, Copper Gluconate, D-Calcium Pantothenate, Vitamin A Palmitate, Pyridoxine Hydrochloride, Riboflavin, Thiamine Mononitrate, Folic Acid, Biotin, Potassium Iodide, Vitamin D3, Vitamin B12), Beet Extract (Color). CONTAINS: MILK

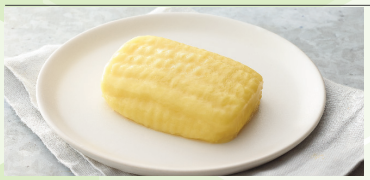
GREEN BEANS



Serving Size 1 Piece	(85g)
Calories	130
Calories from fat	70
Total fat	8g/12%
Saturated fat	1g/5%
Trans fat	0g
Cholesterol	0mg/0%
Sodium	250mg/10%
Potassium	180mg
Total carbohydrates	15g/5%
Dietary fiber	2g/8%
Sugar	4g
Protein	1g
Vitamin A	180%
Vitamin C	2%
Calcium	2%
Iron	2%

Ingredients: Green beans Puree, Soybean Oil, Modified Food Starch, Water, Rice Flour, Sugar, Natural Green beans Flavor (Water, Natural Flavor, Salt, Xanthan Gum, Lecithin), Salt, Artificial Butter Flavor (Water, Glycerine, Invert Sugar), Egg Whites, Soy Lecithin, Hydrolyzed Whey Protein (From Milk), Natural Flavors, Xanthan Gum, Lemon Juice Powder (Corn Syrup Solids, Natural Flavors (Lemon Juice Solids)). CONTAINS: SOY, EGG, AND MILK INGREDIENTS.

SWEET CORN



Serving Size 1 Piece	(85g)
Calories	180
Calories from fat	80
Total fat	9g/14%
Saturated fat	1.5g/8%
Trans fat	0g
Cholesterol	0mg/0%
Sodium	300mg/13%
Potassium	160mg
Total carbohydrates	22g/7%
Dietary fiber	1g/4%
Sugar	8g
Protein	4g
Vitamin A	2%
Vitamin C	4%
Calcium	0%
Iron	2%

Ingredients: Corn Puree, Soybean Oil, Sugar, Water, Modified Cornstarch, Egg Whites, Natural Corn Flavor (Corn Oil, Roasted Corn Powder And Natural Flavor), Salt, Cultured Dextrose, Lemon Juice Powder (Corn Syrup Solids, Natural Flavors (Lemon Juice Solids)), Natural Flavor. CONTAINS: EGG.

CARROTS



Serving Size 1 Piece	(85g)
Calories	130
Calories from fat	70
Total fat	7g/11%
Saturated fat	1g/5%
Trans fat	0g
Cholesterol	0mg/0%
Sodium	270mg/11%
Potassium	160mg
Total carbohydrates	15g/5%
Dietary fiber	2g/8%
Sugar	6g
Protein	1g
Vitamin A	210%
Vitamin C	4%
Calcium	2%
Iron	2%

Ingredients: Carrots Puree, Soybean Oil, Sugar, Modified Cornstarch, Water, Rice Flour, Cultured Dextrose, Natural Flavor (Propylene Glycol, Ethyl Alcohol, Water, Natural Flavor), Artificial Flavor (Water, Glycerine, Invert Sugar), Soy Lecithin, Salt, Egg Whites, Hydrolyzed Whey Protein (From Milk), Xanthan Gum, Lemon Juice Powder (Corn Syrup Solids, Natural Flavors (Lemon Juice Solids), Natural Flavor. CONTAINS: EGG, MILK, & SOY.

ENJOY A GLASS OF ONE OF OUR **THIRST-QUENCHING BEVERAGES**

with any meal!

Search “Thick & Easy thickened beverages” to find online retailers.

Hormel THICK & EASY®



— 8 REFRESHING FLAVORS! —

PREPARATION INSTRUCTIONS



STOVE TOP STEAMING (with steamer basket)

For all products excluding fruit & magic cup

Silicone Steamer Baskets available on Amazon.com

Place 1 quart of water in a large 4-6 quart saucepan.
Place silicone steamer basket in pan.

Place desired shaped meats, vegetables, bread, eggs, French toast, pancakes or waffles (**maximum of 3 items**) in the silicone steamer basket.

Cover pan and bring water to a BOIL.
Reduce heat to LOW and STEAM (covered) for approximately **30 minutes** or until all products reach a minimum internal temperature of **165°F**.**

NOTE – Periodically check pan with water to make sure it does not run dry. Add additional water, if necessary.

Remove steamer basket from the pan. CAREFUL! HOT STEAM!

Let product stand for 5 minutes. Unmold products and serve.

**Stove tops will vary. Cooking times given are approximate.
For best results, check the internal temperature of the product with a digital instant read thermometer.

Always use a digital thermometer to test for doneness in the thickest portion of the product.

1 MICROWAVE 185° (from frozen state)

For waffles, pancakes, omelets, & sausages

PLACE individual tray in microwave FILM SIDE UP.

DO NOT PUNCTURE FILM.**

COOK on 50% POWER for **1½ minutes**. DO NOT OVERCOOK.

LET STAND for 2 minutes.

IMPORTANT – Product must reach an internal temperature of **185°F**.

REMOVE film from tray; loosen product from the edges, invert onto a serving tray and gently tap until the product releases from the tray.

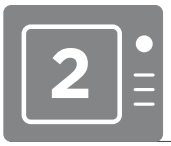
**COOKING TIP – Before cooking, tap the mold until the product releases to avoid sticking to the mold during cooking.

Always use a digital thermometer to test for doneness in the thickest portion of the product.

Instructions based on 1200 watt microwave.

All microwave ovens will vary, heating times given are approximate and may need to be adjusted based on the previous cooking experiences with your individual microwave.

PREPARATION INSTRUCTIONS



MICROWAVE 165° (from frozen state)

For all vegetables, roast pork, chicken breast, roast beef, & roast turkey

PLACE individual tray in microwave FILM SIDE UP.

DO NOT PUNCTURE FILM.**

COOK on 50% POWER for **2 minutes**. DO NOT OVERCOOK.

LET STAND for 2 minutes.

IMPORTANT – Product must reach an internal temperature of **165°F**.

REMOVE film from tray; loosen product from the edges, invert onto a serving tray and gently tap until the product releases from the tray.

**COOKING TIP – Before cooking, tap the mold until the product releases to avoid sticking to the mold during cooking.

Always use a digital thermometer to test for doneness in the thickest portion of the product.

Instructions based on 1200 watt microwave.

All microwave ovens will vary, heating times given are approximate and may need to be adjusted based on the previous cooking experiences with your individual microwave.

THAWING (from frozen state)

For all fruit products & Magic Cup

Thaw under refrigeration, film side up, for approximately **6 hours.**

Separate film from tray in one smooth motion.

Place product on surface with flat side facing up, tilt at a **90° angle**, and rap edge sharply on flat surface.

Press back of mold for release.

Serve at **40°F** or lower. Cover and refrigerate any unused portions.

Use within 3 days.

NOTE – Product will release from a frozen state. Thaw prior to serving.

SIMPLE RECIPE SUGGESTIONS

Hot Turkey Sandwich
Bread + Turkey + Gravy

Eggs Benedict
Omelet + Hollandaise Sauce

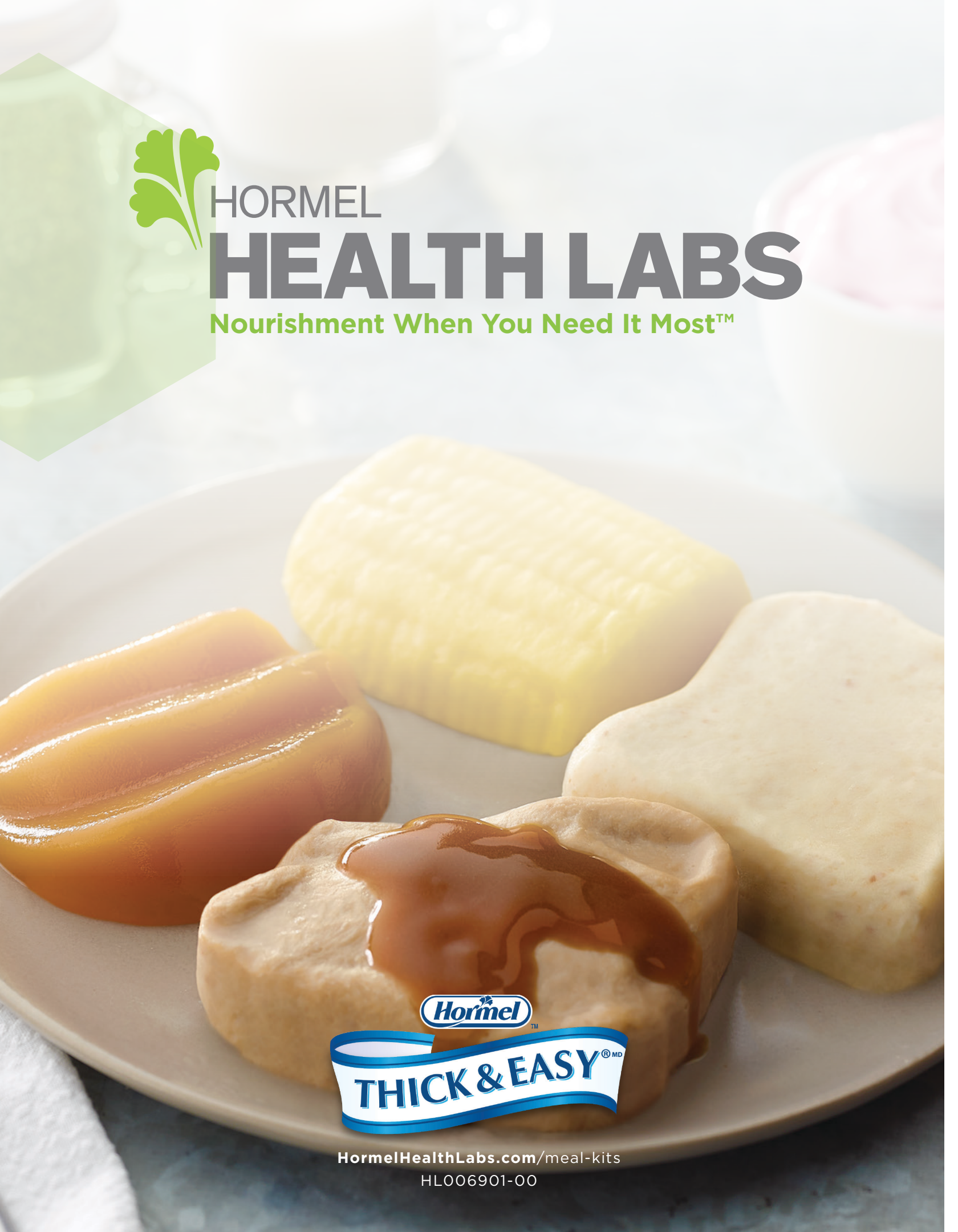
Biscuits & Gravy
Bread + Sausage Links + Smooth Country Gravy

Strawberry Waffles & Whip Cream
Waffles + Strawberry Syrup + Whipping Cream

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