



# Thickened Berry Smoothie

IDDSI Level **2** only

Try our Berry-Flavoured Smoothie recipe, 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 Level 2!



## NUTRITION

**Serving Size:**  
4 fl oz. Smoothie

**Calories:** 140

**Total Fat:** 4.5 g

**Saturated Fat:** 2.5 g

**Trans Fat:** 0 g

**Cholesterol:** 10 mg

**Sodium:** 105 mg

**Total Carbs:** 18 g

**Dietary Fiber:** 0 g

**Total Sugars:** 15 g

**Protein:** 5 g

**Calcium:** 10% DV

**Iron:** 0% DV

**Potassium:** 2% DV

**Vitamin A:** 0% DV

**Vitamin C:** 0% DV

## INGREDIENTS

**THICK & EASY® Thickened Dairy Drink  
IDDSI Level 2 (#84112)**

**MAGIC CUP™ Dessert, Wildberry  
(#80395) refrigerate/thawed**

**2% Milk**

**Add Berry flavoured particle free  
dessert sauce**

**4 Serving**

4 oz (118 ml)

1 cup (236 ml)  
(1 Tetra Pak)

1 x 4 oz (118 ml)

4 oz (118 ml)

2 tsp (10 ml)

**20 Servings**

4 oz (118 ml)

5 cups (1,180 ml)  
(5 Tetra Paks)

5 x 4 oz (118 ml)

20 oz (590 ml)

3 Tbsp (45 ml)

## DIRECTIONS

1. Combine all ingredients in a bowl and blend until smooth.
2. Portion into desired service dishes and serve.
3. For best results refrigerate for 1 - 2 hours before serving.

Serving Suggestions:  
Portion and serve chilled as a snack, during mealtimes or a dessert for a special occasion.

**IDDSI Level **2****

**For best results serve cold/chilled.**

Always use the IDDSI Flow Test for drinks to ensure safe drink thickness prior to serving to a client

## PRODUCTS Available at all major Distributors in Canada.

Item #	Description	Case Pack
84112	THICK & EASY® Thickened Dairy Drink - IDDSI Level 2	27/8 oz
80395	MAGIC CUP® Frozen Dessert - Wildberry - IDDSI Level 4	48/4 oz



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Try our Berry-Flavoured Smoothie recipe, 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 IDDSI Level 3!



## NUTRITION

**Serving Size:**  
4 fl oz. Smoothie

**Calories:** 160

**Total Fat:** 5 g

**Saturated Fat:** 3 g

**Trans Fat:** 0 g

**Cholesterol:** 10 mg

**Sodium:** 120 mg

**Total Carbs:** 22 g

**Dietary Fiber:** <1 g

**Total Sugars:** 17 g

**Protein:** 6 g

**Calcium:** 10% DV

**Iron:** 0% DV

**Potassium:** 2% DV

**Vitamin A:** 0% DV

**Vitamin C:** 0% DV

## INGREDIENTS

### 3 Serving

4 oz (118 ml)

**THICK & EASY® Thickened Dairy Drink**  
IDDSI Level 2 (#84112)

1 cup (236 ml)  
(1 Tetra Pak)

**MAGIC CUP™ Dessert, Wildberry**  
(#80395) refrigerate/thawed

1 x 4 oz (118 ml)

**Add Berry flavoured particle free**  
**dessert sauce**

2 tsp (10 ml)

### 15 Servings

4 oz (118 ml)

5 cups (1,180 ml)  
(5 Tetra Paks)

5 x 4 oz (118 ml)

3 Tbsp (45 ml)

## DIRECTIONS

1. Combine all ingredients in a bowl and blend until smooth.
2. Portion into desired service dishes and serve.
3. For best results refrigerate for 1 - 2 hours before serving.

Serving Suggestions:  
Portion and serve chilled as a snack, during mealtimes or a dessert for a special occasion.

**IDDSI Level** 

**For best results serve cold/chilled.**

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Item #	Description	Case Pack
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