



Pureed Carrots

Ingredients

Carrots, drained and cooked	20 oz.
SimplyThick® EasyMix™	2 (12g) Honey Packets OR 4 strokes
Hot Tap Water	2 oz.
Cracker Meal,	1 Tbsp
Optional	

Yield: 5 servings

Special Equipment Needed: Food Processor, Disposable Piping Bag, Piping Tip, Rubber Spatula

Wash hands before beginning preparation. SANITIZE surfaces & equipment.

- Combine the tap water and SimplyThick in a 1-pint shaker to make thickened water. Set aside.
 - Place the cooked carrots and thickened water into a food processor and puree on high for 30 seconds.
 - Scrape down the sides with a spatula and process for another 30 seconds until smooth.
 - Optional:** Pour mixture into a bowl and add cracker meal and mix until smooth.
 - Piping:** Using a rubber spatula fill the piping bag with the mixture and begin piping out the mixture onto a plate that has been zeroed out on a scale. Pipe into appropriate number of portions until all mixture is used.
 - Or "Mold & Serve"** by spooning mixture into molds sprayed with food release and turn out onto plate.
 - Serve immediately.
- Source:** Chef Jimmy Jones, Owen Valley Health Campus, Spencer, IN

Critical Control Points (CCP):

- Reheat to a minimum internal temperature of 165°F for 15 seconds
- Maintain at a minimum internal temperature of 135°F for no longer than 4 hours
- Discard any leftover portions

If you have any questions pertaining to the SimplyThick products, please don't hesitate to contact us: **800.205.7115 / www.simplythick.com**



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