

**Recipe Name: Fortified Cereal (NONDAIRY)**

**Recipe Category:** High Calorie/High Protein

**Portion Size:** ~ 1 1/2 cup

**Ingredients:**                      **Yields: 1 serving**

Ingredients	Notes:
1 cup cooked cereal	May use cream of rice, farina, whole wheat cream of wheat, oatmeal, or cream of wheat.
¼ cup soft tofu	
2 Tablespoons Vegan protein Powder	
½ cup non dairy creamer	(i.e. mocha mix)
3 tablespoons brown sugar	
Dash of cinnamon	May use other seasoning. (garlic for garlic bread, lemon, lime, or orange zest) Zest can extra Vitamin C

**Directions:**

Steps:	Directions:	Critical Control Point /Quality Assurance
1	Prepare cereal according to manufactures instructions.	
2	Add tofu, mocha mix, and brown sugar. Add to a blender and process until smooth. Heat through.	Internal temperature 165 F.
3	Top with seasoning. Serve hot.	

**Time Temperature Sensitive food.** *Food safety Standards: hold food for service at an internal temperature above 140° F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41° F. Follow proper cooling procedures. Store leftovers in a tightly sealed, labeled and dated container. Use leftover within 72 hours if stored in refrigerator or 30 days if stored in the freezer. Reheat leftover product quickly (within 2 hours) to 165 degrees F for 15 seconds. Reheat left over product only once; discard if not used. Cold holding at 41°F or colder or using time alone (less than four hours).*

**Texture Modified Diets:**

**Soft & Bite Size:** (aka Bite size) **Food particle size ½ inch (~width of standard fork)** No changes.

**Chopped:** **Food particle size ¼ inch (~ ½ width of standard fork)** No changes

**Minced and Moist:**(aka Minced/Mechanical Soft/Ground) **Food particle size 1/8 inch (fits through prongs of standard fork)** No changes.

**Pureed: Smooth and cohesive.** Use a food processor to puree to a smooth consistency. Foods are processed by grinding and then pureeing them. Do not add to much liquid. Puree liquids should prepared at correct liquid consistency. Thicken as needed to correct liquid consistency.

**Therapeutic Modified Diets:**

**Lowfat:** No changes needed.

**Diabetic/No added Sugar/No Conc. Sweets/Calorie Controlled:** No changes needed (only use if directed to use)

**Bland/Anti Reflux:** Omit cinnamon, seasoning

**Liberal House Renal:** No changes (if directed to use)

**No Added Salt:** No changes

**2 Gram Sodium:** No changes (if directed to use)

**Gluten Free:** Use GF cream of rice. No cream of wheat or farina Prepare foods separately to prevent cross contamination.

Allergy Alerts: When an "X" is present, this indicates the allergen is present. Always read all food labels to ensure allergens are not present.

Wheat	Milk	Eggs	FishShellfish	Soy	Peanuts/Nuts	Other
X				X		

**Key: SF= Salt Free D= Diet or Sugarfree LF = Lowfat FF = Fat Free GF = Gluten Free**

**Per Serving Nutrition Facts (with Cream of wheat)**

Calories (kcal)	Fat (g)	Sat. Fat (g)	Trans. Fat (g)	Poly. Fat (g.)	Mono. Fat (g)	Chol. (mg.)	Carb. (g.)
520	162	7.23	.49	2.33	10.87	0	71
Fib. (g.)	Sugar (g.)	Protein (g.)	Sodium (mg.)	Potassium (mg.)	Calcium (mg.)	Iron (mg.)	Phosphorus (mg.)

2.11	41	15.34	120	133	593	13.58	68
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