

Recipe Name: Fortified Cereal
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 nonfat milk powder	
½ cup half and half	
3 tablespoons brown sugar	
Dash of cinnamon	May use other seasoning. (garlic for garlic bread, lemon, lime, or orange zest)

Directions:

Steps:	Directions:	Critical Control Point / Quality Assurance
1	Prepare cereal according to manufactures instructions	
2	Add nonfat milk powder, half and half, and brown sugar. Stir. 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: Use alternate menu item.

Diabetic/No added Sugar/No Conc. Sweets/Calorie Controlled: Use alternate menu item.

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	Fish Shellfish	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

Calories (kcal)	Fat (g)	Sat. Fat (g)	Trans. Fat (g)	Poly. Fat (g.)	Mono. Fat (g)	Chol. (mg.)	Carb. (g.)
555	123	76	1.06	1.16	4.01	48	90
Fib. (g.)	Sugar (g.)	Protein (g.)	Sodium (mg.)	Potassium (mg.)	Calcium (mg.)	Iron (mg.)	Phosphorus (mg.)
.76	40	18.76	255	808	860	12	472

