

Recipe Name: Apple Cake with Whipped Topping

Recipe Category : Dessert

Portion Size: 2 ½ X 3

Ingredients: Yields: 64 Servings (1 sheet pan full sheet- cut 8 X 8)

Ingredients	Notes:
1 (5 #) spice cake mix	
7 cups of water	
2 cups sour cream	
8 eggs, beaten	
2 quarts apple pie filling	
1 quart whipped topping.	

Directions:

Steps:	Directions:	Critical Control Point /Quality Assurance
1	Prepare cake according to the directions on the package. Before baking stir in sour cream, eggs, and apple pie filling. Bake per directions. Let cool.	
2	Top with whipped topping before serving.	

Texture Modified Diets:

Soft & Bite Size: (aka Bite size) **Food particle size ½ inch (~width of standard fork)** Food must be moist. Apple pie filling should be cut into ½ inch or smaller size pieces. Moisten with milk as needed after cutting as needed.

Chopped: **Food particle size ¼ inch (~ ½ width of standard fork)** Food must be moist. Moisten with milk as needed. Apple pie filling should be cut into 1/4 inch or smaller size pieces.

Minced and Moist:(aka Minced/Mechanical Soft/Ground) **Food particle size 1/8 inch (fits through prongs of standard fork)** Food must be moist. Use a food processor to grind apple particles into 1/8 inch after cooking. Moisten with milk as needed.

Pureed: Smooth and cohesive. May add milk or sauce to moisten. Do not add to much liquid. Puree should still hold its shape. Must not be firm or sticky. Puree apple pie filling before adding to mixture.

Therapeutic Modified Diets:

Lowfat: No changes needed

Diabetic/No added Sugar/No Conc. Sweets/Calorie Controlled: No changes

Bland/Anti Reflux: No changes

Liberal House Renal: Use fresh apples in place of cake.

No Added Salt: No changes needed

2 Gram Sodium: Use fresh apples in place of cake.

Gluten Free: Use gluten free cake mix and apple pie filling.. 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	X		X		

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