



FROZEN BAKERY

Make Life's Moments a Little Sweeter

for Those with Dysphagia



Dysphagia Recipe Guide

IDDSI Texture Modified Diet Recipes



FROZEN BAKERY

Make Life's Moments a Little Sweeter

for Those with Dysphagia



MINCED & MOIST

Chocolate Pound Cake

Page 19



PUREED

Pumpkin Cheesecake

Page 6



MINCED & MOIST

French Cream Cheesecake

Page 16



Table of Contents:

About Dysphagia.....2

Sara Lee® Frozen Bakery Desserts to Love3

IDDSI4

Level 4 Recipes.....5

 French Cream Cheesecake5

 Pumpkin Cheesecake6

 Angel Food Cake7

 Chocolate Pound Cake8

 Classic Pound Cake.....9

 Cornbread.....10

 Banana Cream Pie11

 No Sugar Added Chocolate Cream Pie12

 Strawberry Cream Pie.....13

 Lemon Cheesecake.....14

 Raspberry Cheesecake.....15

Level 5 Recipes..... 16

 French Cream Cheesecake16

 Pumpkin Cheesecake17

 Angel Food Cake18

 Chocolate Pound Cake19

 Classic Pound Cake.....20

 Cornbread.....21

 Banana Cream Pie22

 No Sugar Added Chocolate Cream Pie23

 Strawberry Cream Pie.....24





Dysphagia is a disorder which makes it difficult to swallow for those with chewing and swallowing problems.

For those people who have trouble safely swallowing liquids, foods, or saliva, it can be difficult for them to take in enough calories and fluids to nourish the body. It has been estimated that over 590 million people worldwide¹ are affected.

That's why our Sara Lee® Frozen Bakery registered dietitian has created a collection of delicious recipes that meet the new International Dysphagia Diet Standardization Initiative (IDDSI) Levels.² These simple recipes require just a few ingredients and deliver the beloved taste of Sara Lee products.

Appearance as well as taste plays an important part in every meal, and those with dysphagia deserve to have satisfying mealtime experiences. You can help make dining a more dignified experience when you use these recipes which have been carefully crafted by our registered dietitian at Sara Lee Frozen Bakery, a brand you can trust.

¹IDDSI Initiative; ²IDDSI Framework

10 MILLION
Americans are evaluated
each year for swallowing
difficulties.⁴

⁴ www.swallowingdisorderfoundation.com





Sara Lee® Frozen Bakery is here to help your menu and your residents thrive

Creating an enjoyable meal experience using texture modified foods has been a challenge for some dieticians. Now, our dieticians have done the work for you and created recipes specifically developed with our products to meet IDDSI levels.

Delicious desserts using favorites from the Kitchens of Sara Lee®

You can offer great tasting, satisfying desserts using favorites from Sara Lee, a brand you know and trust. Create sweet moments with the delicious taste of Sara Lee® Pound Cake, Angel Food Cake, and Cheesecake. In addition, our partnered dietitians have crafted recipes using our Chef Pierre® pies and cornbread.



Sara Lee® French Cream Cheesecake
08018



Sara Lee® Angel Food Cake
07529



Sara Lee® Classic Pound Cake 10" Loaf
08298

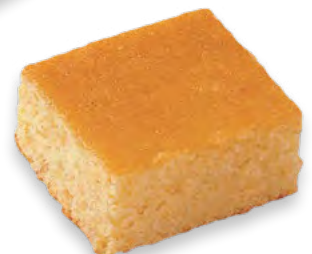


Chef Pierre® No Sugar Added Chocolate Cream Pie
07114

Chef Pierre® Classic Banana Cream Pie
07149

Chef Pierre® Classic Strawberry Cream Pie
07153

Chef Pierre® Cornbread
08281





Learn about the IDDSI Framework

The Academy of Nutrition and Dietetics states that it is imperative that all healthcare providers globally implement IDDSI, both to ensure patient safety and to maintain current standards of practice.¹

- The IDDSI (International Dysphagia Standardization Initiative) framework consists of a continuum of 8 levels (0-7) where drinks are measured from Levels 0-4, while foods are measured from Levels 3-7.²
- The IDDSI Framework provides common terminology to describe food textures and drink thickness.³
- The testing methods are intended to confirm the flow or textural characteristics of a particular product at the time of testing.³
- Each level describes the food or drink that is safest for residents with swallowing problems. It can be used for people of all ages, in all care settings, and can be applied to all cultures.³
- The clinician serving a specific patient has the responsibility to determine the level of foods or drinks for that patient based on their clinical assessment.⁴
- IDDSI is leading a global initiative to improve the lives of over 590 million people worldwide.²

¹Academy of Nutrition and Dietetics IDDSI; ²IDDSI Initiative; ³IDDSI Frameworks and Testing Methods; ⁴IDDSI Framework



Source: IDDSI Framework

© The International Dysphagia Diet Standardisation Initiative 2019
@<https://iddsi.org/framework/>

Licensed under the Creative Commons Attribution Sharealike 4.0 License
<https://creativecommons.org/licenses/by-sa/4.0/legalcode>.

Derivative works extending beyond language translation are NOT PERMITTED.





FROZEN BAKERY



PUREED



SKU# 08018

French Cream Cheesecake

Made with real cream cheese and an oatmeal crumb-crust, Sara Lee's fluffy French Cream Cheesecake makes any meal a special occasion.

Yield: 6

Serving Size: #10 scoop

Ingredients

- 6 svg -382 g (13.5 oz) Sara Lee® French Cream Cheesecake, 63.75 g/ serving (Defrosted)
- 6 Tbsp (3 fl. oz.) 2% Milk
- 6 Tbsp Starch-Based Food Thickener

Directions

1. Wash hands before beginning preparation. Sanitize surfaces and equipment.
2. Cut 6 servings from Sara Lee® French Cream Cheesecake (SKU# 8018) for a total of 13.5 ounces. Cut into smaller pieces for easier food processing.
3. Place pieces of Sara Lee® French Cream Cheesecake in food processor. Do not overfill. Process (or pulse) for approximately 40 seconds.
4. Add milk and starch-based food thickener to the food processor, and process for another 25 seconds until smooth throughout.
5. Spread evenly into pan. Cover with plastic film and refrigerate. Allow cheesecake to thoroughly chill for 3 hours or overnight. Hold at 40°F or lower until service (CCP).
6. Remove from refrigerator. Test consistency before serving per IDDSI Testing Methods for IDDSI Pureed Level 4 (PU4) using the Fork Drip Test and Spoon Tilt Test.
7. Portion with #10 scoop and shape as desired.

Nutrition Information *(Per Serving)*

- Calories **190**
- Protein **3 g**
- Total Carbohydrate **21 g**
- Total Fat **12 g**
- Sodium **170 mg**
- Cholesterol **15 mg**

Notes

- Verify final recipe and any garnishes using IDDSI testing methods for IDDSI Pureed Level 4 (PU4) before service: Fork Drip Test, Spoon Tilt Test, No separate thin liquid.
- Amount of liquid can vary. Recipe may be altered to include more or less liquid and/or starch-based food thickener depending on the results of IDDSI testing.
- Recipe standardized and tested at 40°F. Temperature may affect IDDSI testing results.

Sara Lee Frozen Bakery Dysphagia Recipe Disclaimer

The Sara Lee Frozen Bakery packaged products included in the above recipe do not meet IDDSI dysphagia diet levels. Sara Lee Frozen Bakery is only responsible for our packaged products.

1. The Sara Lee Frozen Bakery packaged product is Ready-to-Eat.
2. The Sara Lee Frozen Bakery product as modified in this recipe meets IDDSI dysphagia diet levels, but is not IDDSI approved or certified.
3. It is the foodservice providers responsibility to implement the IDDSI recipes and testing as well as assume all responsibilities for Food Safety and implementation of the FDA Food Code, i.e.; cross-contamination, cold handling, and storage, mixing with other ingredients and shelf life.
4. The recipes in this guide have been developed and tested using ONLY the SLFB specific products as noted by SKU listed. Do not substitute with any other products or brands.



FROZEN BAKERY

Make Life's Moments a Little Sweeter 5



FROZEN BAKERY



PUREED



#08018 or #08076

Pumpkin Cheesecake

Enjoy the warm and welcoming flavors of fall any time of year with this simple and delicious homemade Pumpkin Cheesecake.

Yield: 6

Serving Size: #10 scoop

Ingredients

6 svg -382 g (13.5 oz)	Sara Lee® French Cream Cheesecake, 63.75 g/ serving (Defrosted)
3/4 cup	Pumpkin Puree, Canned
2 Tbsp	Maple Syrup
1/2 tsp	Vanilla Extract
1/2 Tbsp	Pumpkin Pie Spice
6 Tbsp (3 fl. oz)	2% Milk
6 Tbsp	Starch-Based Food Thickener

Nutrition Information *(Per Serving)*

- Calories **220**
- Protein **3 g**
- Total Carbohydrate **25 g**
- Total Fat **12 g**
- Sodium **170 mg**
- Cholesterol **16 mg**

Notes

- Verify final recipe and any garnishes using IDDSI testing methods for IDDSI Pureed Level 4 (PU4) before service: Fork Drip Test, Spoon Tilt Test, No separate thin liquid.
- Amount of liquid can vary. Recipe may be altered to include more or less liquid and/or starch-based food thickener depending on the results of IDDSI testing.
- Recipe standardized and tested at 40°F. Temperature may affect IDDSI testing results.

Sara Lee Frozen Bakery Dysphagia Recipe Disclaimer

The Sara Lee Frozen Bakery packaged products included in the above recipe do not meet IDDSI dysphagia diet levels. Sara Lee Frozen Bakery is only responsible for our packaged products.

1. The Sara Lee Frozen Bakery packaged product is Ready-to-Eat.
2. The Sara Lee Frozen Bakery product as modified in this recipe meets IDDSI dysphagia diet levels, but is not IDDSI approved or certified.
3. It is the foodservice providers responsibility to implement the IDDSI recipes and testing as well as assume all responsibilities for Food Safety and implementation of the FDA Food Code, i.e.; cross-contamination, cold handling, and storage, mixing with other ingredients and shelf life.
4. The recipes in this guide have been developed and tested using ONLY the SLFB specific products as noted by SKU listed. Do not substitute with any other products or brands.

Directions

1. Wash hands before beginning preparation. Sanitize surfaces and equipment.
2. Cut 6 servings from Sara Lee® French Cream Cheesecake (SKU# 8018) for a total of 13.5 ounces. Cut into smaller pieces for easier food processing.
3. Place pieces of Sara Lee® French Cream Cheesecake in food processor. Do not overfill. Process (or pulse) for approximately 40 seconds.
4. Add pumpkin puree, maple syrup, vanilla extract, and pumpkin pie spice. Process 10 seconds or until mixed.
5. Add milk and starch-based food thickener to the food processor, and process for another 25 seconds until smooth throughout.
6. Spread evenly into pan. Cover with plastic film and refrigerate. Allow cheesecake to thoroughly chill for 3 hours or overnight. Hold at 40°F or lower until service (CCP).
7. Remove from refrigerator. Test consistency before serving per IDDSI Testing Methods for IDDSI Pureed Level 4 (PU4) using the Fork Drip Test and Spoon Tilt Test.
8. Portion with #10 scoop and shape as desired.



FROZEN BAKERY

Make Life's Moments a Little Sweeter 6



FROZEN BAKERY



PUREED



SKU# 07529

Angel Food Cake

The ultimate in versatility and an ideal companion for other flavors, our moist and delicious Angel Food Cake invites you to try a variety of our menu-enhancing recipes.

Yield: 6

Serving Size: #12 scoop

Ingredients

6 serv. or 1/2 cake
(312g/11oz.)

Sara Lee® Angel Food 8"
Round No Fat Bundt Cake
(52g/serving) (Defrosted)

1 1/2 cup

2% Milk

6 Tbsp

Starch-Based Food
Thickener

Directions

1. Wash hands before beginning preparation. Sanitize surfaces and equipment.
2. Using half of the Sara Lee® Angel Food 8" Round No Fat Bundt Cake cut into smaller pieces for easier processing.
3. Place pieces of Sara Lee® Angel Food 8" Round No Fat Bundt Cake in food processor. Do not overfill. Process (or pulse) into fine crumbs approximately 10 seconds
4. Add milk and starch-based food thickener to the food processor, and process for another 30 seconds until smooth throughout.
5. Spread evenly into hotel pan. Cover with plastic film and refrigerate. Allow cake to thoroughly chill for 3 hours or overnight. Hold at 40°F or lower until service (CCP).
 - *Serving suggestion: portion into individual serving bowls before chilling*
6. Remove from refrigerator. Test consistency before serving per IDDSI Testing Methods for IDDSI Pureed Level 4 (PU4) using the Fork Drip Test and Spoon Tilt Test.
7. Portion into six even portions with spatula or #12 scoop and shape as desired.

Nutrition Information *(Per Serving)*

- Calories **140**
- Protein **3 g**
- Total Carbohydrate **32 g**
- Total Fat **0.5 g**
- Sodium **250 mg**
- Cholesterol **<5 mg**

Notes

- Verify final recipe and any garnishes using IDDSI testing methods for IDDSI Pureed Level 4 (PU4) before service: Fork Drip Test, Spoon Tilt Test, No separate thin liquid.
- Amount of liquid can vary. Recipe may be altered to include more or less liquid and/or starch-based food thickener depending on the results of IDDSI testing.
- Recipe standardized and tested at 40°F. Temperature may affect IDDSI testing results.

Sara Lee Frozen Bakery Dysphagia Recipe Disclaimer

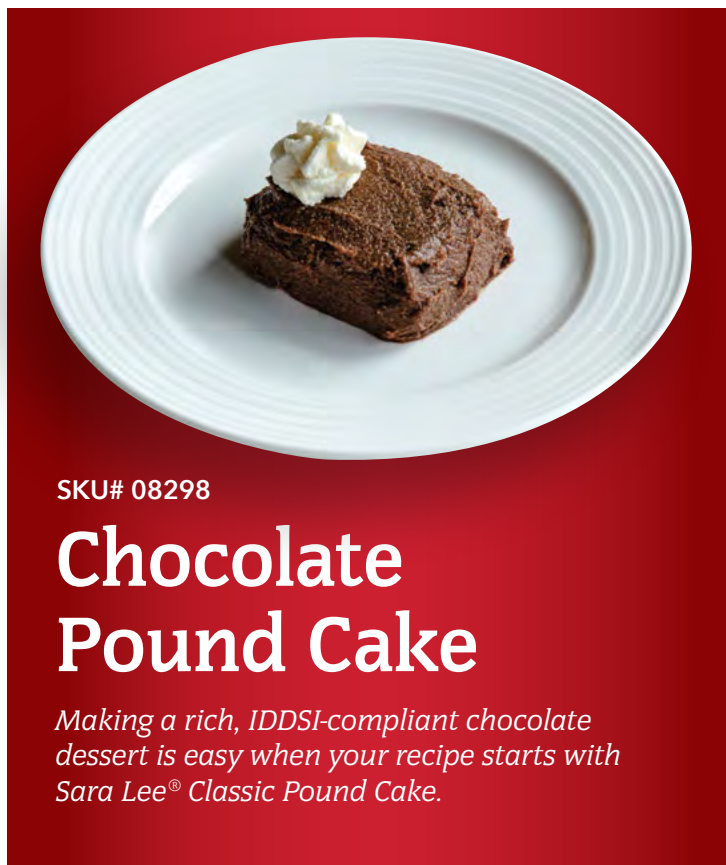
The Sara Lee Frozen Bakery packaged products included in the above recipe do not meet IDDSI dysphagia diet levels. Sara Lee Frozen Bakery is only responsible for our packaged products.

1. The Sara Lee Frozen Bakery packaged product is Ready-to-Eat.
2. The Sara Lee Frozen Bakery product as modified in this recipe meets IDDSI dysphagia diet levels, but is not IDDSI approved or certified.
3. It is the foodservice providers responsibility to implement the IDDSI recipes and testing as well as assume all responsibilities for Food Safety and implementation of the FDA Food Code, i.e.; cross-contamination, cold handling, and storage, mixing with other ingredients and shelf life.
4. The recipes in this guide have been developed and tested using ONLY the SLFB specific products as noted by SKU listed. Do not substitute with any other products or brands.



FROZEN BAKERY

Make Life's Moments a Little Sweeter 7



SKU# 08298

Chocolate Pound Cake

Making a rich, IDDSI-compliant chocolate dessert is easy when your recipe starts with Sara Lee® Classic Pound Cake.

Nutrition Information *(Per Serving)*

- Calories **226**
- Protein **3 g**
- Total Carbohydrate **30 g**
- Total Fat **8 g**
- Sodium **150 mg**
- Cholesterol **51 mg**

Notes

- Verify final recipe and any garnishes using IDDSI testing methods for IDDSI Pureed Level 4 (PU4) before service: Fork Drip Test, Spoon Tilt Test, No separate thin liquid.
- Amount of liquid can vary. Recipe may be altered to include more or less liquid and/or starch-based food thickener depending on the results of IDDSI testing.
- Recipe standardized and tested at 40°F. Temperature may affect IDDSI testing results.

Sara Lee Frozen Bakery Dysphagia Recipe Disclaimer

The Sara Lee Frozen Bakery packaged products included in the above recipe do not meet IDDSI dysphagia diet levels. Sara Lee Frozen Bakery is only responsible for our packaged products.

1. The Sara Lee Frozen Bakery packaged product is Ready-to-Eat.
2. The Sara Lee Frozen Bakery product as modified in this recipe meets IDDSI dysphagia diet levels, but is not IDDSI approved or certified.
3. It is the foodservice providers responsibility to implement the IDDSI recipes and testing as well as assume all responsibilities for Food Safety and implementation of the FDA Food Code, i.e.; cross-contamination, cold handling, and storage, mixing with other ingredients and shelf life.
4. The recipes in this guide have been developed and tested using ONLY the SLFB specific products as noted by SKU listed. Do not substitute with any other products or brands.



FROZEN BAKERY



PUREED

Yield: 6

Serving Size: #12 scoop

Ingredients

- | | |
|-------------------|--|
| 6 svg or 1/2 cake | Sara Lee® Classic Pound Cake 10" Loaf (16 oz., 38 g/serving) (Defrosted) |
| 1 cup | 2% Milk |
| 1 Tbsp | Cocoa Powder |
| 1 Tbsp | Coffee, Brewed |
| 1/8 tsp | Cinnamon, Ground |
| 1/4 cup | Chocolate sauce |
| 5 Tbsp | Starch-Based Food Thickener |

Directions

1. Wash hands before beginning preparation. Sanitize surfaces and equipment.
2. Using half of the Sara Lee® Classic Pound Cake 10" Loaf (SKU# 08298), cut into smaller pieces for easier processing.
3. Place pieces of Sara Lee® Classic Pound Cake 10" Loaf in food processor. Do not overfill. Process (or pulse) into fine crumbs approximately 10 seconds.
4. Warm milk. Add cocoa powder, coffee, and cinnamon. Whisk well.
5. Add chocolate sauce and whisk well.
6. Add chocolate milk mixture and starch-based food thickener to the food processor, and process for another 15 seconds until smooth throughout.
7. Spread evenly into pan. Cover with plastic film and refrigerate. Allow pound cake to thoroughly chill for 3 hours or overnight. Hold at 40°F or lower until service (CCP).
8. Remove from refrigerator. Test consistency before serving per IDDSI Testing Methods for IDDSI Pureed Level 4 (PU4) using the Fork Drip Test and Spoon Tilt Test.
9. Portion into 6 even portions with spatula or #12 scoop and shape as desired.



FROZEN BAKERY

Make Life's Moments a Little Sweeter 8



FROZEN BAKERY



PUREED



SKU# 08298

Classic Pound Cake

Made with no artificial flavors, our simple and satisfying Classic Pound Cake brings old-fashioned great taste to your residents.

Yield: 6

Serving Size: #12 scoop

Ingredients

- | | |
|-------------------|--|
| 6 svg or 1/2 cake | Sara Lee® Classic Pound Cake 10" Loaf (16 oz., 45 g/serving) (Defrosted) |
| 1 cup | 2% Milk |
| 5 Tbsp | Starch-Based Food Thickener |

Directions

1. Wash hands before beginning preparation. Sanitize surfaces and equipment.
2. Using half of the Sara Lee® Classic Pound Cake 10" Loaf (SKU# 08298), cut into smaller pieces for easier processing.
3. Place pieces of Sara Lee® Classic Pound Cake 10" Loaf into food processor. Do not overfill. Process (or pulse) into fine crumbs approximately 10 seconds.
4. Add milk and starch-based food thickener to the food processor, and process for another 15 seconds until smooth throughout.
5. Spread evenly into pan. Cover with plastic film and refrigerate. Allow pound cake to thoroughly chill for 3 hours or overnight. Hold at 40°F or lower until service (CCP).
6. Remove from refrigerator. Test consistency before serving per IDDSI Testing Methods for IDDSI Pureed Level 4 (PU4) using the Fork Drip Test and Spoon Tilt Test.
7. Portion into six even portions with spatula or #12 scoop and shape as desired.

Nutrition Information *(Per Serving)*

- | | |
|----------------------------------|----------------------------|
| • Calories 189 | • Total Fat 8 g |
| • Protein 3 g | • Sodium 131 mg |
| • Total Carbohydrate 22 g | • Cholesterol 51 mg |

Notes

- Verify final recipe and any garnishes using IDDSI testing methods for IDDSI Pureed Level 4 (PU4) before service: Fork Drip Test, Spoon Tilt Test, No separate thin liquid.
- Amount of liquid can vary. Recipe may be altered to include more or less liquid and/or starch-based food thickener depending on the results of IDDSI testing.
- Recipe standardized and tested at 40°F. Temperature may affect IDDSI testing results.

Sara Lee Frozen Bakery Dysphagia Recipe Disclaimer

The Sara Lee Frozen Bakery packaged products included in the above recipe do not meet IDDSI dysphagia diet levels. Sara Lee Frozen Bakery is only responsible for our packaged products.

1. The Sara Lee Frozen Bakery packaged product is Ready-to-Eat.
2. The Sara Lee Frozen Bakery product as modified in this recipe meets IDDSI dysphagia diet levels, but is not IDDSI approved or certified.
3. It is the foodservice providers responsibility to implement the IDDSI recipes and testing as well as assume all responsibilities for Food Safety and implementation of the FDA Food Code, i.e.; cross-contamination, cold handling, and storage, mixing with other ingredients and shelf life.
4. The recipes in this guide have been developed and tested using ONLY the SLFB specific products as noted by SKU listed. Do not substitute with any other products or brands.



FROZEN BAKERY

Make Life's Moments a Little Sweeter 9



FROZEN BAKERY



PUREED



SKU# 08281

Cornbread

Sweetened, moist, and tender cornbread is a perfect accompaniment for a wide range of appetizers and entrees. Its appealing, cake-like texture makes cornbread a welcome addition at mealtimes.

Yield: 6

Serving Size: #12 scoop

Ingredients

6 serv. or 1/5 cake
(360g/12.7oz.)

Chef Pierre® Cornbread
12" x 16" Pre-Cut 30 Slice
Sweet Style (60 g/serving)
(Defrosted)

1 1/2 cup

2% Milk

¼ cup + 1 Tbsp.

Starch-Based Food
Thickener

Directions

1. Wash hands before beginning preparation. Sanitize surfaces and equipment.
2. Cut 6 servings from Chef Pierre® Cornbread 12" x 16" Pre-Cut 30 Slice Sweet Style for a total of 13 ounces and cut into smaller pieces to allow for easier processing.
3. Add pieces of Chef Pierre® Cornbread to food processor. Do not overfill. Process for 30 seconds.
4. Add milk and starch-based food thickener to the food processor, and process for another 30 seconds until smooth throughout.
5. Portion with a #12 scoop onto sheet pan.
6. Heat at 300°F using moist heat (preferably a steamer) for 10 minutes.
7. Test consistency before serving per IDDSI Testing Methods for IDDSI Pureed Level 4 (PU4) using the Fork Drip Test and Spoon Tilt Test.
8. Hold at 40°F or higher until service (CCP).

Nutrition Information *(Per Serving)*

- Calories **220**
- Protein **3 g**
- Total Carbohydrate **26 g**
- Total Fat **10 g**
- Sodium **270 mg**
- Cholesterol **40 mg**

Notes

- Verify final recipe and any garnishes using IDDSI testing methods for IDDSI Pureed Level 4 (PU4) before service: Fork Drip Test, Spoon Tilt Test, No separate thin liquid.
- Amount of liquid can vary. Recipe may be altered to include more or less liquid and/or starch-based food thickener depending on the results of IDDSI testing.
- Recipe standardized and tested at 40°F. Temperature may affect IDDSI testing results.

Sara Lee Frozen Bakery Dysphagia Recipe Disclaimer

The Sara Lee Frozen Bakery packaged products included in the above recipe do not meet IDDSI dysphagia diet levels. Sara Lee Frozen Bakery is only responsible for our packaged products.

1. The Sara Lee Frozen Bakery packaged product is Ready-to-Eat.
2. The Sara Lee Frozen Bakery product as modified in this recipe meets IDDSI dysphagia diet levels, but is not IDDSI approved or certified.
3. It is the foodservice providers responsibility to implement the IDDSI recipes and testing as well as assume all responsibilities for Food Safety and implementation of the FDA Food Code, i.e.; cross-contamination, cold handling, and storage, mixing with other ingredients and shelf life.
4. The recipes in this guide have been developed and tested using ONLY the SLFB specific products as noted by SKU listed. Do not substitute with any other products or brands.



FROZEN BAKERY

Make Life's Moments a Little Sweeter 10



FROZEN BAKERY



PUREED



SKU# 07149

Banana Cream Pie

Delectable bananas have been pureed for a generous layer of light and creamy banana cream that's topped with a whipped topping – one of our most popular choices.

Yield: 5

Serving Size: #12 scoop

Ingredients

5 serv. or 1/2 pie (385g/13.6oz.)	Chef Pierre® Classic Banana Cream Pie 10" (77g/serving) (Defrosted)
2 Tbsp + 1 1/2 tsp	2% Milk
3 Tbsp + 1 tsp	Starch-Based Food Thickener

Directions

1. Wash hands before beginning preparation. Sanitize surfaces and equipment.
2. Using half of the Chef Pierre® Classic Banana Cream Pie 10", cut into smaller pieces for easier processing.
3. Place pieces of Chef Pierre® Classic Banana Cream Pie into food processor. Do not overfill. Process for 30 seconds, then scrape sides with spatula.
4. Add milk and starch-based food thickener to the food processor, and process for another 30 seconds until smooth throughout.
5. Spread evenly into pan. Cover with plastic film and refrigerate. Allow pie to thoroughly chill for 3 hours or overnight. Hold at 40°F or lower until service (CCP).
6. Remove from refrigerator. Test consistency before serving per IDDSI Testing Methods for IDDSI Pureed Level 4 (PU4) using the Fork Drip Test and Spoon Tilt Test.
7. Portion into six even portions with spatula or #12 scoop and shape as desired.

Nutrition Information *(Per Serving)*

- Calories **240**
- Protein **1 g**
- Total Carbohydrate **30 g**
- Total Fat **13 g**
- Sodium **180 mg**
- Cholesterol **0 mg**

Notes

- Verify final recipe and any garnishes using IDDSI testing methods for IDDSI Pureed Level 4 (PU4) before service: Fork Drip Test, Spoon Tilt Test, No separate thin liquid.
- Amount of liquid can vary. Recipe may be altered to include more or less liquid and/or starch-based food thickener depending on the results of IDDSI testing.
- Recipe standardized and tested at 40°F. Temperature may affect IDDSI testing results.

Sara Lee Frozen Bakery Dysphagia Recipe Disclaimer

The Sara Lee Frozen Bakery packaged products included in the above recipe do not meet IDDSI dysphagia diet levels. Sara Lee Frozen Bakery is only responsible for our packaged products.

1. The Sara Lee Frozen Bakery packaged product is Ready-to-Eat.
2. The Sara Lee Frozen Bakery product as modified in this recipe meets IDDSI dysphagia diet levels, but is not IDDSI approved or certified.
3. It is the foodservice providers responsibility to implement the IDDSI recipes and testing as well as assume all responsibilities for Food Safety and implementation of the FDA Food Code, i.e.; cross-contamination, cold handling, and storage, mixing with other ingredients and shelf life.
4. The recipes in this guide have been developed and tested using ONLY the SLFB specific products as noted by SKU listed. Do not substitute with any other products or brands.



FROZEN BAKERY

Make Life's Moments a Little Sweeter 11



FROZEN BAKERY



PUREED



SKU# 07114

NSA Chocolate Cream Pie

Totally tempting, but without the added sugar, this special treat features a generous layer of light and creamy chocolate filling finished with a lovely, whipped topping.

Yield: 5

Serving Size: #12 scoop

Ingredients

5 serv. or 1/2 pie (395g/13.9oz.)

Chef Pierre® No Sugar Added Chocolate Cream Pie 10" (79g/serving) (Defrosted)

2 Tbsp + 1 1/2 tsp

2% Milk

3 Tbsp + 1 tsp

Starch-Based Food Thickener

Directions

1. Wash hands before beginning preparation. Sanitize surfaces and equipment.
2. Using half of the Chef Pierre® No Sugar Added Chocolate Cream Pie 10", cut into smaller pieces to allow for easier processing.
3. Place pieces of Chef Pierre® No Sugar Added Chocolate Cream Pie into food processor. Do not overfill. Process for 30 seconds, then scrape sides with spatula.
4. Add milk and starch-based food thickener to the food processor, and process for another 30 seconds until smooth throughout.
5. Spread evenly into pan. Cover with plastic film and refrigerate. Allow pie to thoroughly chill for 3 hours or overnight. Hold at 40°F or lower until service (CCP).
6. Remove from refrigerator. Test consistency before serving per IDDSI Testing Methods for IDDSI Pureed Level 4 (PU4) using the Fork Drip Test and Spoon Tilt Test.
7. Portion into six even portions with spatula or #12 scoop and shape as desired.

Nutrition Information (Per Serving)

- Calories **330**
- Protein **2 g**
- Total Carbohydrate **39 g**
- Total Fat **18 g**
- Sodium **260 mg**
- Cholesterol **0 mg**

Notes

- Verify final recipe and any garnishes using IDDSI testing methods for IDDSI Pureed Level 4 (PU4) before service: Fork Drip Test, Spoon Tilt Test, No separate thin liquid.
- Amount of liquid can vary. Recipe may be altered to include more or less liquid and/or starch-based food thickener depending on the results of IDDSI testing.
- Recipe standardized and tested at 40°F. Temperature may affect IDDSI testing results.

Sara Lee Frozen Bakery Dysphagia Recipe Disclaimer

The Sara Lee Frozen Bakery packaged products included in the above recipe do not meet IDDSI dysphagia diet levels. Sara Lee Frozen Bakery is only responsible for our packaged products.

1. The Sara Lee Frozen Bakery packaged product is Ready-to-Eat.
2. The Sara Lee Frozen Bakery product as modified in this recipe meets IDDSI dysphagia diet levels, but is not IDDSI approved or certified.
3. It is the foodservice providers responsibility to implement the IDDSI recipes and testing as well as assume all responsibilities for Food Safety and implementation of the FDA Food Code, i.e.; cross-contamination, cold handling, and storage, mixing with other ingredients and shelf life.
4. The recipes in this guide have been developed and tested using ONLY the SLFB specific products as noted by SKU listed. Do not substitute with any other products or brands.



FROZEN BAKERY

Make Life's Moments a Little Sweeter 12



FROZEN BAKERY



PUREED



SKU# 07153

Strawberry Cream Pie

Real strawberries are made into a light and creamy filling making a generous layer that's finished with a whipped topping for a presentation that's sure to please.

Nutrition Information *(Per Serving)*

- Calories **240**
- Protein **1 g**
- Total Carbohydrate **31 g**
- Total Fat **12 g**
- Sodium **170 mg**
- Cholesterol **0 mg**

Notes

- Verify final recipe and any garnishes using IDDSI testing methods for IDDSI Pureed Level 4 (PU4) before service: Fork Drip Test, Spoon Tilt Test, No separate thin liquid.
- Amount of liquid can vary. Recipe may be altered to include more or less liquid and/or starch-based food thickener depending on the results of IDDSI testing.
- Recipe standardized and tested at 40°F. Temperature may affect IDDSI testing results.

Sara Lee Frozen Bakery Dysphagia Recipe Disclaimer

The Sara Lee Frozen Bakery packaged products included in the above recipe do not meet IDDSI dysphagia diet levels. Sara Lee Frozen Bakery is only responsible for our packaged products.

1. The Sara Lee Frozen Bakery packaged product is Ready-to-Eat.
2. The Sara Lee Frozen Bakery product as modified in this recipe meets IDDSI dysphagia diet levels, but is not IDDSI approved or certified.
3. It is the foodservice providers responsibility to implement the IDDSI recipes and testing as well as assume all responsibilities for Food Safety and implementation of the FDA Food Code, i.e.; cross-contamination, cold handling, and storage, mixing with other ingredients and shelf life.
4. The recipes in this guide have been developed and tested using ONLY the SLFB specific products as noted by SKU listed. Do not substitute with any other products or brands.

Yield: 5

Serving Size: #12 scoop

Ingredients

- | | |
|-----------------------------------|---|
| 5 serv. or 1/2 pie (385g/13.6oz.) | Chef Pierre® Classic Strawberry Cream Pie 10" (77g/serving) (Defrosted) |
| 2 Tbsp + 1 1/2 tsp | 2% Milk |
| 3 Tbsp + 1 tsp | Starch-Based Food Thickener |

Directions

1. Wash hands before beginning preparation. Sanitize surfaces and equipment.
2. Using half of the Chef Pierre® Classic Strawberry Cream Pie 10", cut into smaller pieces to allow for easier processing.
3. Place pieces of Chef Pierre® Classic Strawberry Cream Pie into food processor. Do not overfill. Process for 30 seconds, then scrape sides with spatula.
4. Add milk and starch-based food thickener to the food processor, and process for another 30 seconds until smooth throughout.
5. Spread evenly into pan. Cover with plastic film and refrigerate. Allow pie to thoroughly chill for 3 hours or overnight. Hold at 40°F or lower until service (CCP).
6. Remove from refrigerator. Test consistency before serving per IDDSI Testing Methods for IDDSI Pureed Level 4 (PU4) using the Fork Drip Test and Spoon Tilt Test.
7. Portion into six even portions with spatula or #12 scoop and shape as desired.



FROZEN BAKERY

Make Life's Moments a Little Sweeter 13



FROZEN BAKERY



PUREED



SKU# 08018 or 08076

Lemon Cheesecake

Enjoy serving menus with more variety! Try this appetizing twist on our French Cream Cheesecake. Enticing and creamy, lemon cheesecake features a refreshing lemon flavor.

Nutrition Information (Per Serving)

- Calories **194**
- Protein **3 g**
- Total Carbohydrate **21 g**
- Total Fat **12 g**
- Sodium **184 mg**
- Cholesterol **15 mg**

Notes

- Verify final recipe and any garnishes using IDDSI testing methods for IDDSI Pureed Level 4 (PU4) before service: Fork Drip Test, Spoon Tilt Test, No separate thin liquid.
- Amount of liquid can vary. Recipe may be altered to include more or less liquid and/or starch-based food thickener depending on the results of IDDSI testing.
- Recipe standardized and tested at 40°F. Temperature may affect IDDSI testing results.

Sara Lee Frozen Bakery Dysphagia Recipe Disclaimer

The Sara Lee Frozen Bakery packaged products included in the above recipe do not meet IDDSI dysphagia diet levels. Sara Lee Frozen Bakery is only responsible for our packaged products.

1. The Sara Lee Frozen Bakery packaged product is Ready-to-Eat.
2. The Sara Lee Frozen Bakery product as modified in this recipe meets IDDSI dysphagia diet levels, but is not IDDSI approved or certified.
3. It is the foodservice providers responsibility to implement the IDDSI recipes and testing as well as assume all responsibilities for Food Safety and implementation of the FDA Food Code, i.e.; cross-contamination, cold handling, and storage, mixing with other ingredients and shelf life.
4. The recipes in this guide have been developed and tested using ONLY the SLFB specific products as noted by SKU listed. Do not substitute with any other products or brands.

Yield: 6

Serving Size: 1/2 cup

Ingredients

- | | |
|------------------------|--|
| 6 svg -382 g (13.5 oz) | Sara Lee® French Cream Cheesecake, 63.75 g/serving (Defrosted) |
| 4 Tbsp | Gelatin, Lemon |
| 3/4 cup | Water, Tap |

Directions

1. Wash hands before beginning preparation. Sanitize surfaces and equipment.
2. Boil water.
3. Add gelatin to boiling water. Whisk briskly until gelatin has dissolved. Remove from heat and cool until slightly thickened
4. Cut 6 servings from Sara Lee® French Cream Cheesecake (SKU# 08018) for a total of 13.5 ounces. Cut into smaller pieces for easier food processing.
5. Place pieces of Sara Lee® French Cream Cheesecake in food processor. Do not overfill. Process (or pulse) for approximately 40 seconds.
6. Slowly add gelatin to food processor while processing until smooth. Scrape down sides of processor with a rubber spatula and process for 60 seconds, or until completely pureed.
7. Pour cheesecake into individual serving cups. Cover with plastic film and refrigerate. Allow cheesecake to thoroughly chill for 3 hours or overnight. Hold at 40°F or lower until service (CCP).
8. Remove from refrigerator. Test consistency before serving per IDDSI Testing Methods for IDDSI Pureed Level 4 (PU4) using the Fork Drip Test and Spoon Tilt Test.



FROZEN BAKERY

Make Life's Moments a Little Sweeter 14



FROZEN BAKERY



PUREED



SKU# 08018 or 08076

Raspberry Cheesecake

The inviting flavor of raspberries makes this twist on our French Cream Cheesecake an especially popular choice. Smooth and flavorful, raspberry cheesecake is sure to bring a smile.

Nutrition Information (Per Serving)

- Calories **194**
- Protein **3 g**
- Total Carbohydrate **21 g**
- Total Fat **12 g**
- Sodium **184 mg**
- Cholesterol **21 mg**

Notes

- Verify final recipe and any garnishes using IDDSI testing methods for IDDSI Pureed Level 4 (PU4) before service: Fork Drip Test, Spoon Tilt Test, No separate thin liquid.
- Amount of liquid can vary. Recipe may be altered to include more or less liquid and/or starch-based food thickener depending on the results of IDDSI testing.
- Recipe standardized and tested at 40°F. Temperature may affect IDDSI testing results.

Sara Lee Frozen Bakery Dysphagia Recipe Disclaimer

The Sara Lee Frozen Bakery packaged products included in the above recipe do not meet IDDSI dysphagia diet levels. Sara Lee Frozen Bakery is only responsible for our packaged products.

1. The Sara Lee Frozen Bakery packaged product is Ready-to-Eat.
2. The Sara Lee Frozen Bakery product as modified in this recipe meets IDDSI dysphagia diet levels, but is not IDDSI approved or certified.
3. It is the foodservice providers responsibility to implement the IDDSI recipes and testing as well as assume all responsibilities for Food Safety and implementation of the FDA Food Code, i.e.; cross-contamination, cold handling, and storage, mixing with other ingredients and shelf life.
4. The recipes in this guide have been developed and tested using ONLY the SLFB specific products as noted by SKU listed. Do not substitute with any other products or brands.

Yield: 6

Serving Size: 1/2 cup

Ingredients

- | | |
|------------------------|--|
| 6 svg -382 g (13.5 oz) | Sara Lee® French Cream Cheesecake, 63.75 g/serving (Defrosted) |
| 4 Tbsp | Gelatin, Raspberry |
| 3/4 cup | Water, Tap |

Directions

1. Wash hands before beginning preparation. Sanitize surfaces and equipment.
2. Boil water.
3. Add gelatin to boiling water. Whisk briskly until gelatin has dissolved. Remove from heat and cool until slightly thickened.
4. Cut 6 servings from Sara Lee® French Cream Cheesecake (SKU# 08018) for a total of 13.5 ounces. Cut into smaller pieces for easier food processing.
5. Place pieces of Sara Lee® French Cream Cheesecake in food processor. Do not overfill. Process (or pulse) for approximately 40 seconds.
6. Slowly add gelatin to food processor while processing until smooth. Scrape down sides of processor with a rubber spatula and process for at least 60 seconds, or until completely pureed.
7. Pour cheesecake into individual serving cups. Cover with plastic film and refrigerate. Allow cheesecake to thoroughly chill for 3 hours or overnight. Hold at 40°F or lower until service (CCP).
8. Remove from refrigerator. Test consistency before serving per IDDSI Testing Methods for IDDSI Pureed Level 4 (PU4) using the Fork Drip Test and Spoon Tilt Test.



FROZEN BAKERY

Make Life's Moments a Little Sweeter 15



FROZEN BAKERY



MINCED & MOIST



SKU# 08018

French Cream Cheesecake

Made with real cream cheese and an oatmeal crumb-crust, Sara Lee's fluffy French Cream Cheesecake makes any meal a special occasion.

Yield: 6

Serving Size: #10 scoop

Ingredients

6 svg -382 g (13.5 oz)	Sara Lee® French Cream Cheesecake, 63.75 g/ serving (Defrosted)
1/2 cup	2% Milk
4 Tbsp	Starch-Based Food Thickener

Directions

1. Wash hands before beginning preparation. Sanitize surfaces and equipment.
2. Cut 6 servings from Sara Lee® French Cream Cheesecake (SKU# 8018) for a total of 13.5 ounces and place in a pan with crumb side up.
3. Use a fork to break up crumbs into small pieces.
4. In a separate bowl combine milk and starch-based food thickener. Whisk briskly until thickener has dissolved. Let it thicken for one minute.
5. Pour thickened milk over Sara Lee French Cream Cheesecake.
6. Mix until thickened milk is evenly distributed. Do not overmix. Mixture may be lumpy, crust will soften.
7. Cover with plastic film and refrigerate. Allow cheesecake to thoroughly chill for 3 hours or overnight. Hold at 40°F or lower until service (CCP).
8. Remove from refrigerator. Test consistency before serving per IDDSI Testing Methods for IDDSI Minced & Moist Level 5 (MM5) using the Fork Pressure Test and Spoon Tilt Test.
9. Portion a #10 scoop and shaped as desired.

Nutrition Information (Per Serving)

- Calories **191**
- Protein **3 g**
- Total Carbohydrate **18 g**
- Total Fat **12 g**
- Sodium **169 mg**
- Cholesterol **16 mg**

Notes

- Verify final recipe and any garnishes using IDDSI Testing Methods for IDDSI Minced & Moist Level 5 (MM5) before service: Fork Pressure Test, Spoon Tilt Test, No separate thin liquid.
- Amount of liquid can vary. Recipe may be altered to include more or less liquid and/or starch-based food thickener depending on the results of IDDSI testing.
- Recipe standardized and tested at 40°F. Temperature may affect IDDSI testing results.

Sara Lee Frozen Bakery Dysphagia Recipe Disclaimer

The Sara Lee Frozen Bakery packaged products included in the above recipe do not meet IDDSI dysphagia diet levels. Sara Lee Frozen Bakery is only responsible for our packaged products.

1. The Sara Lee Frozen Bakery packaged product is Ready-to-Eat.
2. The Sara Lee Frozen Bakery product as modified in this recipe meets IDDSI dysphagia diet levels, but is not IDDSI approved or certified.
3. It is the foodservice providers responsibility to implement the IDDSI recipes and testing as well as assume all responsibilities for Food Safety and implementation of the FDA Food Code, i.e.; cross-contamination, cold handling, and storage, mixing with other ingredients and shelf life.
4. The recipes in this guide have been developed and tested using ONLY the SLFB specific products as noted by SKU listed. Do not substitute with any other products or brands.



FROZEN BAKERY

Make Life's Moments a Little Sweeter 16



FROZEN BAKERY



MINCED & MOIST



#08018 or #08076

Pumpkin Cheesecake

Enjoy the warm and welcoming flavors of fall any time of year with this simple and delicious homemade Pumpkin Cheesecake.

Yield: 6

Serving Size: #10 scoop

Ingredients

6 svg -382 g (13.5 oz)	Sara Lee® French Cream Cheesecake, 63.75 g/ serving (Defrosted)
3/4 cup	Pumpkin Puree, Canned
2 Tbsp	Maple Syrup
1/2 tsp	Vanilla Extract
1 1/2 tsp	Pumpkin Pie Spice
1/2 cup	2% Milk
5 Tbsp	Starch-Based Food Thickener

Directions

1. Wash hands before beginning preparation. Sanitize surfaces and equipment.
2. Cut 6 servings from Sara Lee® French Cream Cheesecake (SKU# 8018) for a total of 13.5 ounces and place in a pan with crumb side up.
3. Use a fork to break up crumbs into small pieces.
4. In a separate bowl, combine pumpkin puree, maple syrup, vanilla extract, and pumpkin pie spice. Add milk. Mix until well combined.
5. Slowly add starch-based food thickener. Whisk briskly until thickener has dissolved.
6. Incorporate pumpkin mixture into cheesecake mixture. Mix together until well combined. Mixture may be lumpy, crust will soften.
7. Cover with plastic film and refrigerate. Allow cheesecake to thoroughly chill for 3 hours or overnight. Hold at 40°F or lower until service (CCP).
8. Remove from refrigerator. Test consistency before serving per IDDSI Testing Methods for IDDSI Minced & Moist Level 5 (MM5) using the Fork Pressure Test and Spoon Tilt Test.
9. Portion with #10 scoop and shape as desired.

Nutrition Information (Per Serving)

- Calories **225**
- Protein **3 g**
- Total Carbohydrate **25 g**
- Total Fat **12 g**
- Sodium **190 mg**
- Cholesterol **16 mg**

Notes

- Verify final recipe and any garnishes using IDDSI Testing Methods for IDDSI Minced & Moist Level 5 (MM5) before service: Fork Pressure Test, Spoon Tilt Test, No separate thin liquid.
- Amount of liquid can vary. Recipe may be altered to include more or less liquid and/or starch-based food thickener depending on the results of IDDSI testing.
- Recipe standardized and tested at 40°F. Temperature may affect IDDSI testing results.

Sara Lee Frozen Bakery Dysphagia Recipe Disclaimer

The Sara Lee Frozen Bakery packaged products included in the above recipe do not meet IDDSI dysphagia diet levels. Sara Lee Frozen Bakery is only responsible for our packaged products.

1. The Sara Lee Frozen Bakery packaged product is Ready-to-Eat.
2. The Sara Lee Frozen Bakery product as modified in this recipe meets IDDSI dysphagia diet levels, but is not IDDSI approved or certified.
3. It is the foodservice providers responsibility to implement the IDDSI recipes and testing as well as assume all responsibilities for Food Safety and implementation of the FDA Food Code, i.e.; cross-contamination, cold handling, and storage, mixing with other ingredients and shelf life.
4. The recipes in this guide have been developed and tested using ONLY the SLFB specific products as noted by SKU listed. Do not substitute with any other products or brands.



FROZEN BAKERY

Make Life's Moments a Little Sweeter 17



FROZEN BAKERY



MINCED & MOIST



SKU# 07529

Angel Food Cake

The ultimate in versatility and an ideal companion for other flavors, our moist and delicious Angel Food Cake invites you to try a variety of our menu-enhancing recipes.

Yield: 6

Serving Size: #12 scoop

Ingredients

6 serv. or 1/2 cake (312g/11oz.)

Sara Lee® Angel Food 8" Round No Fat Bundt Cake (52g/serving) (Defrosted)

1 1/2 cup

2% Milk

6 Tbsp

Starch-Based Food Thickener

Directions

1. Wash hands before beginning preparation. Sanitize surfaces and equipment.
2. Using half of the Sara Lee® Angel Food 8" Round No Fat Bundt Cake and cut into smaller pieces for easier processing.
3. Add pieces of Sara Lee® Angel Food 8" Round No Fat Bundt Cake to food processor. Do not overfill. Process for 20 seconds and test particle size to make sure pieces are no larger than the space between two prongs on a standard fork.
4. Place cake crumbs into a pan.
5. In a separate bowl, combine milk and starch-based food thickener. Whisk briskly until thickener has dissolved. Let it thicken for one minute.
6. Pour thickened milk over Sara Lee® Angel Food 8" Round No Fat Bundt Cake crumbs.
7. Mix until thickened milk is evenly distributed. Do not overmix. Mixture may be lumpy.
8. Serving suggestion: portion into individual serving bowls before chilling.
9. Cover with plastic film and refrigerate. Allow cake to thoroughly chill for 3 hours or more. Hold at 40°F or lower until service (CCP).
10. Remove from refrigerator. Test consistency before serving per IDDSI Testing Methods for IDDSI Minced & Moist Level 5 (MM5) using the Fork Pressure Test and Spoon Tilt Test.
11. Portion into 6 even portions with spatula or #12 scoop and shape as desired.

Nutrition Information (Per Serving)

- Calories **140**
- Protein **3 g**
- Total Carbohydrate **32 g**
- Total Fat **0.5 g**
- Sodium **250 mg**
- Cholesterol **<5 mg**

Notes

- Verify final recipe and any garnishes using IDDSI Testing Methods for IDDSI Minced & Moist Level 5 (MM5) before service: Fork Pressure Test, Spoon Tilt Test, No separate thin liquid.
- Amount of liquid can vary. Recipe may be altered to include more or less liquid and/or starch-based food thickener depending on the results of IDDSI testing.
- Recipe standardized and tested at 40°F. Temperature may affect IDDSI testing results.

Sara Lee Frozen Bakery Dysphagia Recipe Disclaimer

The Sara Lee Frozen Bakery packaged products included in the above recipe do not meet IDDSI dysphagia diet levels. Sara Lee Frozen Bakery is only responsible for our packaged products.

1. The Sara Lee Frozen Bakery packaged product is Ready-to-Eat.
2. The Sara Lee Frozen Bakery product as modified in this recipe meets IDDSI dysphagia diet levels, but is not IDDSI approved or certified.
3. It is the foodservice providers responsibility to implement the IDDSI recipes and testing as well as assume all responsibilities for Food Safety and implementation of the FDA Food Code, i.e.; cross-contamination, cold handling, and storage, mixing with other ingredients and shelf life.
4. The recipes in this guide have been developed and tested using ONLY the SLFB specific products as noted by SKU listed. Do not substitute with any other products or brands.



FROZEN BAKERY

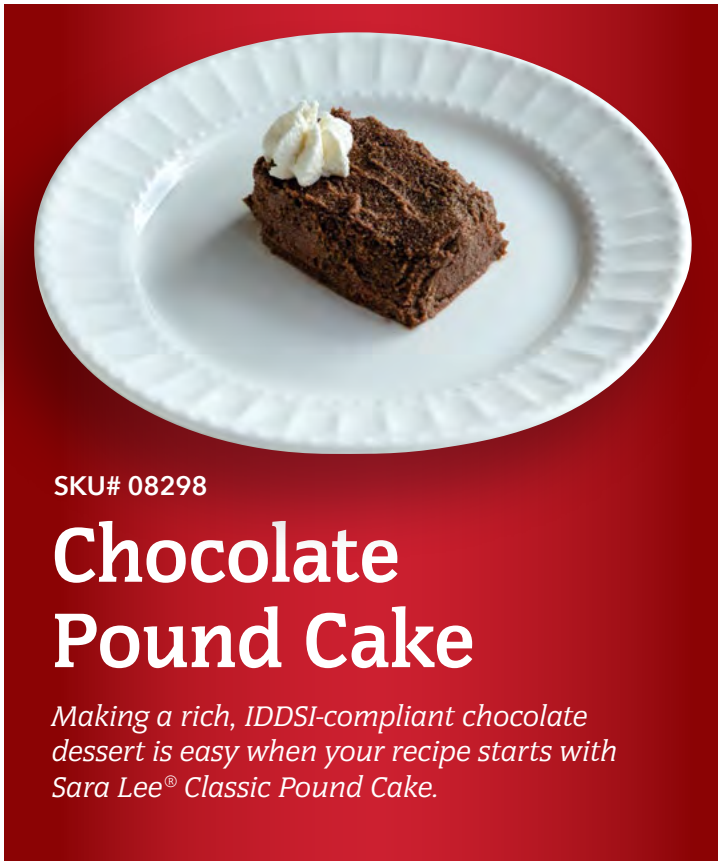
Make Life's Moments a Little Sweeter 18



FROZEN BAKERY



MINCED & MOIST



SKU# 08298

Chocolate Pound Cake

Making a rich, IDDSI-compliant chocolate dessert is easy when your recipe starts with Sara Lee® Classic Pound Cake.

Yield: 6

Serving Size: #12 scoop

Ingredients

6 svg or 1/2 cake	Sara Lee® Classic Pound Cake 10" Loaf (16 oz., 45 g/serving) (Defrosted)
1 1/4 cup	2% Milk
1 Tbsp + 1 tsp	Cocoa Powder
1/8 tsp	Cinnamon, Ground
1 1/2 Tbsp	Coffee, Brewed
1/3 cup	Chocolate sauce,
5 Tbsp	Starch-Based Food Thickener

Directions

1. Wash hands before beginning preparation. Sanitize surfaces and equipment.
2. Using half of the Sara Lee® Classic Pound Cake 10" Loaf (SKU# 08298), cut into smaller pieces for easier processing.
3. Add pieces of the Sara Lee® Classic Pound Cake 10" Loaf to food processor. Do not overfill. Process for 20 seconds and test particle size to make sure pieces are no larger than the space between two prongs on a standard fork.
4. Place cake crumbs into pan.
5. Warm milk. Add cocoa powder, coffee, and cinnamon. Whisk well.
6. Add chocolate sauce and whisk well.
7. Combine chocolate milk mixture and starch-based food thickener. Whisk briskly until thickener has dissolved. Let it thicken for one minute.
8. Pour thickened chocolate milk over Sara Lee® Classic Pound Cake 10" Loaf.
9. Mix until thickened chocolate milk is evenly distributed. Do not overmix. Mixture may be lumpy.
10. Cover with plastic film and refrigerate. Allow pound cake to thoroughly chill for 3 hours or overnight. Hold at 40°F or lower until service (CCP).
11. Remove from refrigerator. Test consistency before serving per IDDSI Testing Methods for IDDSI Minced & Moist Level 5 (MM5) using the Fork Pressure Test and Spoon Tilt Test.
12. Portion into 6 even portions with a spatula or a #12 scoop and shape as desired.

Nutrition Information (Per Serving)

- Calories **240**
- Protein **3 g**
- Total Carbohydrate **35 g**
- Total Fat **11 g**
- Sodium **150 mg**
- Cholesterol **40 mg**

Notes

- Verify final recipe and any garnishes using IDDSI Testing Methods for IDDSI Minced & Moist Level 5 (MM5) before service: Fork Pressure Test, Spoon Tilt Test, No separate thin liquid.
- Amount of liquid can vary. Recipe may be altered to include more or less liquid and/or starch-based food thickener depending on the results of IDDSI testing.
- Recipe standardized and tested at 40°F. Temperature may affect IDDSI testing results.

Sara Lee Frozen Bakery Dysphagia Recipe Disclaimer

The Sara Lee Frozen Bakery packaged products included in the above recipe do not meet IDDSI dysphagia diet levels. Sara Lee Frozen Bakery is only responsible for our packaged products.

1. The Sara Lee Frozen Bakery packaged product is Ready-to-Eat.
2. The Sara Lee Frozen Bakery product as modified in this recipe meets IDDSI dysphagia diet levels, but is not IDDSI approved or certified.
3. It is the foodservice providers responsibility to implement the IDDSI recipes and testing as well as assume all responsibilities for Food Safety and implementation of the FDA Food Code, i.e.; cross-contamination, cold handling, and storage, mixing with other ingredients and shelf life.
4. The recipes in this guide have been developed and tested using ONLY the SLFB specific products as noted by SKU listed. Do not substitute with any other products or brands.



FROZEN BAKERY

Make Life's Moments a Little Sweeter 19



FROZEN BAKERY



MINCED & MOIST



SKU# 08298

Classic Pound Cake

Made with no artificial flavors, our simple and satisfying Classic Pound Cake brings old-fashioned great taste to your residents.

Yield: 6

Serving Size: #12 scoop

Ingredients

- | | |
|-------------------|--|
| 6 svg or 1/2 cake | Sara Lee® Classic Pound Cake 10" Loaf (16 oz., 45 g/serving) (Defrosted) |
| 1 1/4 cup | 2% Milk |
| 5 Tbsp | Starch-Based Food Thickener |

Directions

1. Wash hands before beginning preparation. Sanitize surfaces and equipment.
2. Using half of the Sara Lee® Classic Pound Cake 10" Loaf (SKU# 08298) cut into smaller pieces for easier processing.
3. Add pieces of Sara Lee® Classic Pound Cake 10" Loaf to food processor. Do not overfill. Process for 20 seconds and test particle size to make sure pieces are no larger than the space between two prongs on a standard fork.
4. Place cake crumbs into a pan.
5. In a separate bowl, combine milk and starch-based food thickener. Whisk briskly until thickener has dissolved. Let it thicken for one minute.
6. Pour thickened milk over Sara Lee® Classic Pound Cake 10" Loaf.
7. Mix until thickened milk is evenly distributed. Do not overmix. Mixture may be lumpy.
8. Cover with plastic film and refrigerate. Allow pound cake to thoroughly chill for 3 hours or overnight. Hold at 40°F or lower until service (CCP).
9. Remove from refrigerator. Test consistency before serving per IDDSI Testing Methods for IDDSI Minced & Moist Level 5 (MM5) using the Fork Pressure Test and Spoon Tilt Test.
10. Portion into 6 even portions with spatula or #12 scoop and shape as desired.

Nutrition Information (Per Serving)

- Calories **190**
- Protein **3 g**
- Total Carbohydrate **22 g**
- Total Fat **11 g**
- Sodium **125 mg**
- Cholesterol **40 mg**

Notes

- Verify final recipe and any garnishes using IDDSI Testing Methods for IDDSI Minced & Moist Level 5 (MM5) before service: Fork Pressure Test, Spoon Tilt Test, No separate thin liquid.
- Amount of liquid can vary. Recipe may be altered to include more or less liquid and/or starch-based food thickener depending on the results of IDDSI testing.
- Recipe standardized and tested at 40°F. Temperature may affect IDDSI testing results.

Sara Lee Frozen Bakery Dysphagia Recipe Disclaimer

The Sara Lee Frozen Bakery packaged products included in the above recipe do not meet IDDSI dysphagia diet levels. Sara Lee Frozen Bakery is only responsible for our packaged products.

1. The Sara Lee Frozen Bakery packaged product is Ready-to-Eat.
2. The Sara Lee Frozen Bakery product as modified in this recipe meets IDDSI dysphagia diet levels, but is not IDDSI approved or certified.
3. It is the foodservice providers responsibility to implement the IDDSI recipes and testing as well as assume all responsibilities for Food Safety and implementation of the FDA Food Code, i.e.; cross-contamination, cold handling, and storage, mixing with other ingredients and shelf life.
4. The recipes in this guide have been developed and tested using ONLY the SLFB specific products as noted by SKU listed. Do not substitute with any other products or brands.



FROZEN BAKERY

Make Life's Moments a Little Sweeter 20



FROZEN BAKERY



MINCED & MOIST



SKU# 08281

Cornbread

Sweetened, moist, and tender cornbread is a perfect accompaniment for a wide range of appetizers and entrees. Its appealing, cake-like texture makes cornbread a welcome addition at mealtimes.

Nutrition Information *(Per Serving)*

- Calories **220**
- Protein **3 g**
- Total Carbohydrate **26 g**
- Total Fat **10 g**
- Sodium **270 mg**
- Cholesterol **40 mg**

Notes

- Verify final recipe and any garnishes using IDDSI Testing Methods for IDDSI Minced & Moist Level 5 (MM5) before service: Fork Pressure Test, Spoon Tilt Test, No separate thin liquid.
- Amount of liquid can vary. Recipe may be altered to include more or less liquid and/or starch-based food thickener depending on the results of IDDSI testing.
- Recipe standardized and tested at 40°F. Temperature may affect IDDSI testing results.

Sara Lee Frozen Bakery Dysphagia Recipe Disclaimer

The Sara Lee Frozen Bakery packaged products included in the above recipe do not meet IDDSI dysphagia diet levels. Sara Lee Frozen Bakery is only responsible for our packaged products.

1. The Sara Lee Frozen Bakery packaged product is Ready-to-Eat.
2. The Sara Lee Frozen Bakery product as modified in this recipe meets IDDSI dysphagia diet levels, but is not IDDSI approved or certified.
3. It is the foodservice providers responsibility to implement the IDDSI recipes and testing as well as assume all responsibilities for Food Safety and implementation of the FDA Food Code, i.e.; cross-contamination, cold handling, and storage, mixing with other ingredients and shelf life.
4. The recipes in this guide have been developed and tested using ONLY the SLFB specific products as noted by SKU listed. Do not substitute with any other products or brands.

Yield: 6

Serving Size: #10 scoop

Ingredients

6 serv. or 1/5 cake
(360g/12.7oz.)

Chef Pierre® Cornbread
12" x 16" Pre-Cut 30 Slice
Sweet Style (60 g/serving)
(Defrosted)

1 1/2 cup

2% Milk

1/4 cup + 1 Tbsp

Starch-Based Food
Thickener

Directions

1. Wash hands before beginning preparation. Sanitize surfaces and equipment.
2. Cut 6 servings from Chef Pierre® Cornbread 12" x 16" Pre-Cut 30 Slice Sweet Style for a total of 13 ounces and cut into smaller pieces to allow for easier processing.
3. Add pieces of Chef Pierre® Cornbread to food processor. Do not overfill. Process for 30 seconds and test particle size to make sure pieces are no larger than the space between two prongs on a standard fork.
4. Place cornbread crumbs into a pan.
5. In a separate bowl, combine milk and starch-based food thickener. Whisk briskly until thickener has dissolved. Let it thicken for one minute.
6. Pour thickened milk over Chef Pierre® Cornbread.
7. Mix until thickened milk is evenly distributed. Do not overmix. Mixture may be lumpy.
8. Portion with a #10 scoop onto sheet pan.
9. Heat at 300°F using moist heat (preferably a steamer) for 10 minutes.
10. Test consistency before serving per IDDSI Testing Methods for IDDSI Minced & Moist Level 5 (MM5) using the Fork Pressure Test and Spoon Tilt Test.
11. Hold at 40°F or higher until service (CCP).



FROZEN BAKERY

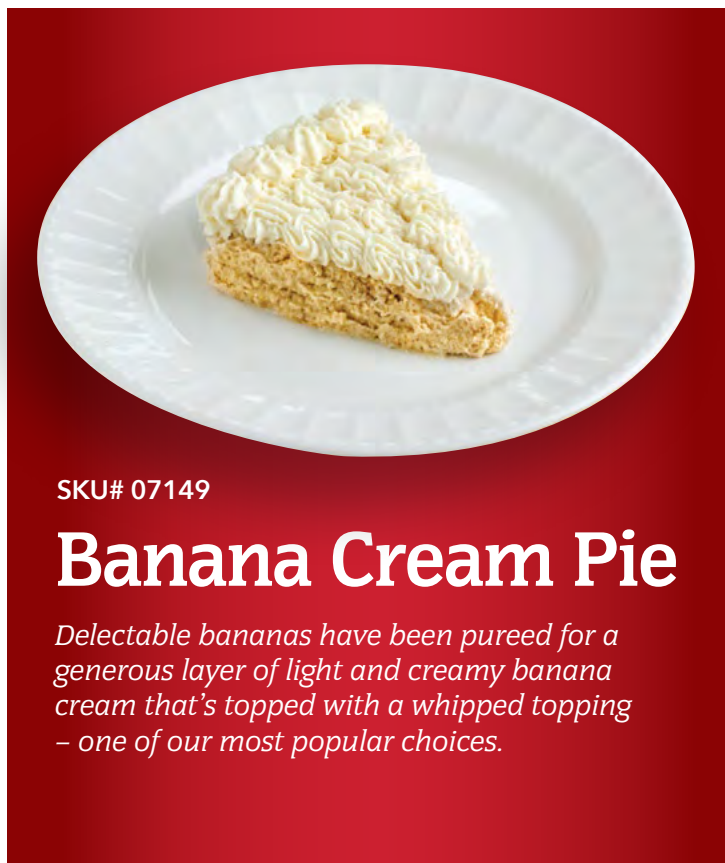
Make Life's Moments a Little Sweeter 21



FROZEN BAKERY



MINCED & MOIST



SKU# 07149

Banana Cream Pie

Delectable bananas have been pureed for a generous layer of light and creamy banana cream that's topped with a whipped topping – one of our most popular choices.

Yield: 5

Serving Size: #10 scoop

Ingredients

5 serv. or 1/2 pie (385g/13.6oz.)	Chef Pierre® Classic Banana Cream Pie 10" (77g/serving) (Defrosted)
1/2 cup + 2 Tbsp	2% Milk
3 Tbsp + 1 tsp	Starch-Based Food Thickener

Directions

1. Wash hands before beginning preparation. Sanitize surfaces and equipment.
2. Place half of the Chef Pierre® Classic Banana Cream Pie 10" into a hotel pan crumb side up.
3. Use a fork to break up crumbs into small pieces.
4. In a separate bowl, combine milk and starch-based food thickener. Whisk briskly until thickener has dissolved. Let it thicken for one minute.
5. Pour thickened milk over Chef Pierre® Classic Banana Cream Pie.
6. Mix until thickened milk is evenly distributed. Do not overmix. Mixture may be lumpy, and crust will soften.
7. Cover with plastic film and refrigerate. Allow pie to thoroughly chill for 3 hours or overnight. Hold at 40°F or lower until service (CCP).
8. Remove from refrigerator. Test consistency before serving per IDDSI Testing Methods for IDDSI Minced & Moist Level 5 (MM5) using the Fork Pressure Test and Spoon Tilt Test.
9. Portion a #10 scoop and shaped as desired.

Nutrition Information *(Per Serving)*

- Calories **250**
- Protein **2 g**
- Total Carbohydrate **31 g**
- Total Fat **13 g**
- Sodium **180 mg**
- Cholesterol **0 mg**

Notes

- Verify final recipe and any garnishes using IDDSI Testing Methods for IDDSI Minced & Moist Level 5 (MM5) before service: Fork Pressure Test, Spoon Tilt Test, No separate thin liquid.
- Amount of liquid can vary. Recipe may be altered to include more or less liquid and/or starch-based food thickener depending on the results of IDDSI testing.
- Recipe standardized and tested at 40°F. Temperature may affect IDDSI testing results.

Sara Lee Frozen Bakery Dysphagia Recipe Disclaimer

The Sara Lee Frozen Bakery packaged products included in the above recipe do not meet IDDSI dysphagia diet levels. Sara Lee Frozen Bakery is only responsible for our packaged products.

1. The Sara Lee Frozen Bakery packaged product is Ready-to-Eat.
2. The Sara Lee Frozen Bakery product as modified in this recipe meets IDDSI dysphagia diet levels, but is not IDDSI approved or certified.
3. It is the foodservice providers responsibility to implement the IDDSI recipes and testing as well as assume all responsibilities for Food Safety and implementation of the FDA Food Code, i.e.; cross-contamination, cold handling, and storage, mixing with other ingredients and shelf life.
4. The recipes in this guide have been developed and tested using ONLY the SLFB specific products as noted by SKU listed. Do not substitute with any other products or brands.



FROZEN BAKERY

Make Life's Moments a Little Sweeter 22



FROZEN BAKERY



MINCED & MOIST



SKU# 07114

NSA Chocolate Cream Pie

Totally tempting, but without the added sugar, this special treat features a generous layer of light and creamy chocolate filling finished with a lovely, whipped topping.

Nutrition Information *(Per Serving)*

- Calories **340**
- Protein **3 g**
- Total Carbohydrate **40 g**
- Total Fat **18 g**
- Sodium **260 mg**
- Cholesterol **0 mg**

Notes

- Verify final recipe and any garnishes using IDDSI Testing Methods for IDDSI Minced & Moist Level 5 (MM5) before service: Fork Pressure Test, Spoon Tilt Test, No separate thin liquid.
- Amount of liquid can vary. Recipe may be altered to include more or less liquid and/or starch-based food thickener depending on the results of IDDSI testing.
- Recipe standardized and tested at 40°F. Temperature may affect IDDSI testing results.

Sara Lee Frozen Bakery Dysphagia Recipe Disclaimer

The Sara Lee Frozen Bakery packaged products included in the above recipe do not meet IDDSI dysphagia diet levels. Sara Lee Frozen Bakery is only responsible for our packaged products.

1. The Sara Lee Frozen Bakery packaged product is Ready-to-Eat.
2. The Sara Lee Frozen Bakery product as modified in this recipe meets IDDSI dysphagia diet levels, but is not IDDSI approved or certified.
3. It is the foodservice providers responsibility to implement the IDDSI recipes and testing as well as assume all responsibilities for Food Safety and implementation of the FDA Food Code, i.e.; cross-contamination, cold handling, and storage, mixing with other ingredients and shelf life.
4. The recipes in this guide have been developed and tested using ONLY the SLFB specific products as noted by SKU listed. Do not substitute with any other products or brands.

Yield: 5

Serving Size: #10 scoop

Ingredients

- | | |
|-----------------------------------|---|
| 5 serv. or 1/2 pie (395g/13.9oz.) | Chef Pierre® No Sugar Added Chocolate Cream Pie 10" (79g/serving) (Defrosted) |
| 1/2 cup + 2 Tbsp | 2% Milk |
| 3 Tbsp + 1 tsp | Starch-Based Food Thickener |

Directions

1. Wash hands before beginning preparation. Sanitize surfaces and equipment.
2. Place half of the Chef Pierre® No Sugar Added Chocolate Cream Pie 10" into a hotel pan crumb side up.
3. Use a fork to break up crumbs into small pieces.
4. In a separate bowl, combine milk and starch-based food thickener. Whisk briskly until thickener has dissolved. Let it thicken for one minute.
5. Pour thickened milk over Chef Pierre® No Sugar Added Chocolate Cream Pie.
6. Mix until thickened milk is evenly distributed. Do not overmix. Mixture may be lumpy, and crust will soften.
7. Cover with plastic film and refrigerate. Allow pie to thoroughly chill for 3 hours or overnight. Hold at 40°F or lower until service (CCP).
8. Remove from refrigerator. Test consistency before serving per IDDSI Testing Methods for IDDSI Minced & Moist Level 5 (MM5) using the Fork Pressure Test and Spoon Tilt Test.
9. Portion a #10 scoop and shaped as desired.



FROZEN BAKERY

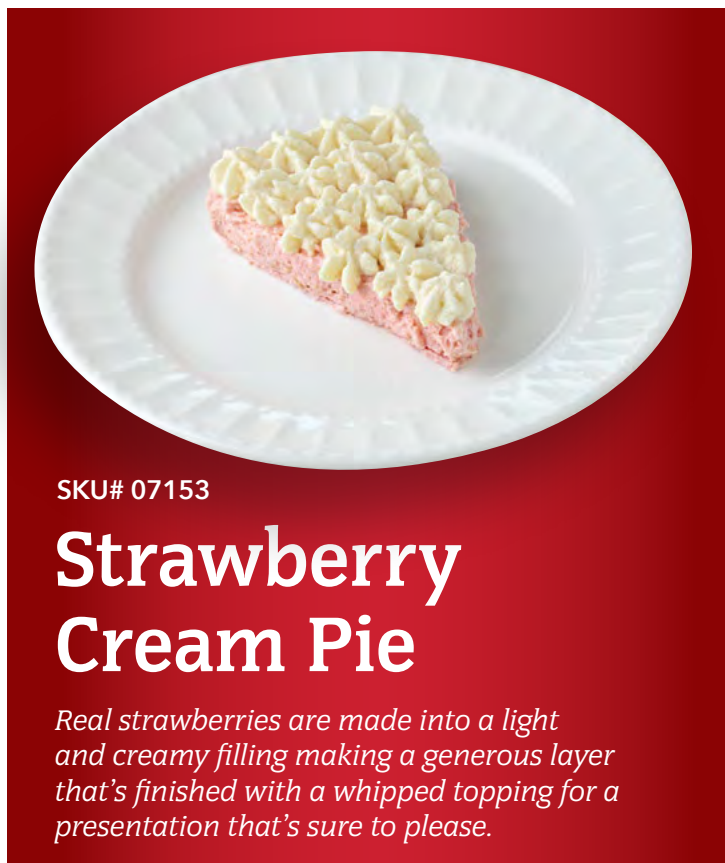
Make Life's Moments a Little Sweeter 23



FROZEN BAKERY



MINCED & MOIST



SKU# 07153

Strawberry Cream Pie

Real strawberries are made into a light and creamy filling making a generous layer that's finished with a whipped topping for a presentation that's sure to please.

Nutrition Information *(Per Serving)*

- Calories **250**
- Protein **2 g**
- Total Carbohydrate **32 g**
- Total Fat **12 g**
- Sodium **180 mg**
- Cholesterol **0 mg**

Notes

- Verify final recipe and any garnishes using IDDSI Testing Methods for IDDSI Minced & Moist Level 5 (MM5) before service: Fork Pressure Test, Spoon Tilt Test, No separate thin liquid.
- Amount of liquid can vary. Recipe may be altered to include more or less liquid and/or starch-based food thickener depending on the results of IDDSI testing.
- Recipe standardized and tested at 40°F. Temperature may affect IDDSI testing results.

Sara Lee Frozen Bakery Dysphagia Recipe Disclaimer

The Sara Lee Frozen Bakery packaged products included in the above recipe do not meet IDDSI dysphagia diet levels. Sara Lee Frozen Bakery is only responsible for our packaged products.

1. The Sara Lee Frozen Bakery packaged product is Ready-to-Eat.
2. The Sara Lee Frozen Bakery product as modified in this recipe meets IDDSI dysphagia diet levels, but is not IDDSI approved or certified.
3. It is the foodservice providers responsibility to implement the IDDSI recipes and testing as well as assume all responsibilities for Food Safety and implementation of the FDA Food Code, i.e.; cross-contamination, cold handling, and storage, mixing with other ingredients and shelf life.
4. The recipes in this guide have been developed and tested using ONLY the SLFB specific products as noted by SKU listed. Do not substitute with any other products or brands.

Yield: 5

Serving Size: #10 scoop

Ingredients

- | | |
|-----------------------------------|---|
| 5 serv. or 1/2 pie (385g/13.6oz.) | Chef Pierre® Classic Strawberry Cream Pie 10" (77g/serving) (Defrosted) |
| 1/2 cup + 2 Tbsp | 2% Milk |
| 3 Tbsp + 1 tsp | Starch-Based Food Thickener |

Directions

1. Wash hands before beginning preparation. Sanitize surfaces and equipment.
2. Place half of the Chef Pierre® Classic Strawberry Cream Pie 10" into a hotel pan crumb side up.
3. Use a fork to break up crumbs into small pieces.
4. In a separate bowl, combine milk and starch-based food thickener. Whisk briskly until thickener has dissolved. Let it thicken for one minute.
5. Pour thickened milk over Chef Pierre® Classic Strawberry Cream Pie.
6. Mix until thickened milk is evenly distributed. Do not overmix. Mixture may be lumpy, and crust will soften.
7. Cover with plastic film and refrigerate. Allow pie to thoroughly chill for 3 hours or overnight. Hold at 40°F or lower until service (CCP).
8. Remove from refrigerator. Test consistency before serving per IDDSI Testing Methods for IDDSI Minced & Moist Level 5 (MM5) using the Fork Pressure Test and Spoon Tilt Test.
9. Portion a #10 scoop and shaped as desired.



FROZEN BAKERY

Make Life's Moments a Little Sweeter 24



FROZEN BAKERY

Contact your local Sara Lee Frozen Bakery representative for more information.
855-524-7876 | saraleefrozenbakery.com/foodservice