



# Pureed Breakfast Bake





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🕒 20 - 55 MINS



## NUTRITION

**Serving Size:**  
1 portion (about  
3 x 3 1/2 inch piece)

**Calories:** 150

**Total Fat:** 8g

**Saturated Fat:** 3.5g

**Trans Fat:** 0g

**Cholesterol:** 25mg

**Sodium:** 520mg

**Total Carbs:** 12g

**Dietary Fiber:** 0g

**Total Sugars:** 0g

**Added Sugars:** 3g

**Protein:** 9g

**Calcium:** 6% DV

**Iron:** 2% DV

**Vitamin A:** 4% DV

**Vitamin C:** % DV

**Vitamin D:** 2% DV

## INGREDIENTS

	1 Serving	6 Servings	12 Servings
<b>Pan Size*</b>	Single dish	1, 9x5 loaf pan	2, 9x5 loaf pans
<b>T&amp;E® Shape and Serve® Thickener Powder</b>	1.33 oz	1 cup	2 cups
<b>Onion Powder</b>	1/8 tsp	3/4 tps	1 1/2
<b>Salt</b>	Dash	1/2 tsp	1 tsp
<b>Black Pepper</b>	Dash	1/4 tsp	1/2 tsp
<b>Yellow Mustard</b>	1/4 tsp	1 1/2 tsp	1 Tbsp
<b>Water (for Mustard)</b>	3 oz.	2 1/4 cups	4 1/2 cups
<b>Shredded Cheddar or Swiss Cheese</b>	1 Tbsp, 1 tsp	1/2 cup	1 cup
<b>Ham or Sausage, cooked and drained</b>	1/2 oz	4 oz	8 oz
<b>Water (for ham / sausage)</b>	2 tsp.	1/4 cup	1/2 cup
<b>T&amp;E® Instant Food &amp; Beverage Thickener</b>	1/4 tsp	2 tsp	1 Tbsp, 1 tsp

\* Single dish: large custard cup, jumbo muffin tin, individual pie pan. If steaming: 6 serv: 1/3 steam pan, 12 serv: 1/2 steam pan

## DIRECTIONS

1. Spray each pan or dish with non-stick cooking spray.
2. Add onion powder, salt and pepper to THICK & EASY® Shape and Serve® Thickener Powder; stir to combine.
3. Stir mustard into first amount of water and add to Shape and Serve® mixture; mix thoroughly.
4. Pour about **half** the pureed mixture into prepared pan(s) and sprinkle with the **half** the cheese.
5. Puree sausage or ham with second amount of water until smooth. Add THICK & EASY® Instant Food & Beverage Thickener and blend well.
6. Stir together pureed meat and reserved pureed mixture; pour over mixture in pan.
7. Insert knife or spatula into pan and pull through to gently swirl the two mixtures together. Sprinkle with remaining cheese.
8. Cover tightly with aluminum foil & bake at 350°F or steam until knife inserted at center comes out clean. ~ 20-30 mins for 1 serving, 45-50 mins for 6, or 45-55 mins for 12.  
**Note:** Times are approximate and should be adjusted for differences in oven and/or steamer conditions.
9. Allow breakfast bake to rest for 5 minutes, then cut into approximately 3 x 3 1/2 inch portions.