

CAKE, COOKIE, BROWNIE

Serving Size: 2" square or 2 cookies

Ingredients:

	1 portion	2 portions	4 portions
Prepared cake, brownie	2" square	4" square	8" square
Cookies	2	4	8
Cold Milk, to puree	2 Tbsp.	4 Tbsp.	8 Tbsp.
Cold Milk, to soak	1/3 Cup	2/3 Cup	1 1/3 Cup

Directions:

1. Prepare dessert per recipe without seeds or nuts.
2. To puree: add milk to dessert and process to a pudding consistency.
3. To soak the dessert with slurry: place dessert in a sauce dish and cover with milk or juice slurry. Let it stand 30 minutes or until thoroughly saturated and soft. Add more slurry if needed. If the person is on a thickened liquid, make sure the slurry has soaked into the dessert to decrease the potential for choking.
4. Garnish with a spice or sauce. Pureed fruits are a nice topping to plain cakes and cookies. It increases nutrients and adds color.

NOTE: Serving desserts that are soaked instead of pureed allows the person to see the whole food product, which is a nice change if tolerated.

Diabetic: Must follow exchange list for allowed desserts.

Low Sodium: 2 Grams are allowed 1 baked dessert per day.

Low Fat/Low Cholesterol: Use low-fat desserts and fruits.

Bland: OK.