

PUREED CANNED FRUIT		PORTION SIZE: #8 Scoop (½ cup)			
INGREDIENTS	NUMBER OF SERVINGS				
	1	6	12	24	
Canned Fruit*, <u>drained</u> (reserve liquid)	½ cup	3 cups	1 ½ qt	3 qt	
Water or Reserved Liquid (from fruit)	2 ½ Tbsp	¾ cup + 3 Tbsp	1 ¾ cups + 2 Tbsp	3 ¾ cups	
RESOURCE® ThickenUp®	1 ½ Tbsp	⅔ cup	1 cup + 2 Tbsp	2 ¼ cups	

*Suggested canned fruits: peaches, pears, fruit cocktail, pineapple, apricots and cherries. Either heavy syrup or juice-packed fruits may be used. Make sure that all seeds/pits have been removed.

HOW TO PREPARE:

1. Place drained fruit in bowl of blender or food processor. Add liquid and puree until smooth in texture.
2. Add **RESOURCE® ThickenUp®** and process briefly until mixed, scraping sides of bowl as needed.
3. Cover and chill until ready to serve.
4. Portion one #8 scoop (½ cup) per serving.

NOTE: Measurements of liquid and **RESOURCE® ThickenUp®** may be adjusted to achieve desired consistency.