

PUREED FRUITED COTTAGE CHEESE		PORTION SIZE: 1 - #8 scoop (½ cup)			
INGREDIENTS	NUMBER OF SERVINGS				
	1	5	10	20	30
Low-fat Cottage Cheese	⅓ cup	1 ⅔ cups	3 ⅓ cups	1 ¾ qt	2 ½ qt
Milk	1 Tbsp	⅓ cup	⅔ cup	1 ⅓ cups	2 cups
RESOURCE® ThickenUp®	1 tsp	1 ½ Tbsp	3 Tbsp	⅓ cup	⅔ cup
Canned Fruit, (Peaches, Pears, or Pineapple) <u>drained</u> , (reserve liquid)	3 Tbsp	1 cup	2 cups	1 qt	1 ½ qt
Water or Reserved Fruit Liquid	½ tsp	2 ½ tsp	1 ½ Tbsp	¼ cup	⅓ cup
RESOURCE® ThickenUp®	1 ¾ tsp	3 Tbsp	⅓ cup	¾ cup	1 cup

HOW TO PREPARE:

1. Place cottage cheese and milk in blender or food processor and puree until smooth in texture.
2. Add **RESOURCE® ThickenUp®** and process briefly until mixed, scraping sides of bowl as needed.
3. Pour mixture into 2-inch deep pan; cover and refrigerate.
4. Puree fruit with liquid in blender or food processor until smooth in texture.
5. Add **RESOURCE® ThickenUp®** and process briefly, until mixed, scraping sides of bowl as needed.
6. Spread fruit mixture evenly over cottage cheese.
7. Cover and chill until ready to serve.
8. Portion one #8 scoop per serving.

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