

PUREED WHOLE WHEAT ENGLISH MUFFIN		PORTION SIZE: 1 - #6 scoop ($\frac{2}{3}$ cup)			
INGREDIENTS	NUMBER OF SERVINGS				
	1	5	10	20	
Whole Wheat English Muffin (about 2 oz each)	1 each	5 each	10 each	20 each	
Milk	$\frac{1}{3}$ cup	1 $\frac{3}{4}$ cups + 2 Tbsp	3 $\frac{3}{4}$ cups	1 qt + 3 $\frac{1}{2}$ cups	
RESOURCE® ThickenUp®	2 $\frac{1}{2}$ Tbsp	$\frac{1}{2}$ cup	1 cup	2 cups	

HOW TO PREPARE:

1. Crumble English muffins into food processor. Add milk and soak for 5-10 minutes.
2. Puree English muffins and milk until smooth in texture.
3. Add **RESOURCE® ThickenUp®** and process briefly until mixed, scraping sides of bowl as needed.
4. Portion one #6 scoop ($\frac{2}{3}$ cup) per serving.

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