

Fortified Food Recipes

Fortified Oatmeal

1/2 Cup Portion

| Ingredients | Measurement | Serves 10 |
|---------------|-------------|-----------|
| Oatmeal | cup | 3 1/3 |
| Half-and-half | cup | 5 |
| Water | cup | 2 1/2 |
| Salt | tsp | 1 1/4 |
| Margarine | Tbs | 3 1/3 |
| Brown Sugar | Tbs | 10 |

Directions:

1. Measure half-and-half, water, salt and margarine into saucepan. Bring to a boil.
2. Add oatmeal and cook until thick.
3. Serve with brown sugar on top.
4. Hold at $\geq 135^{\circ}$ F until service.

| Calories | Protein, gm |
|----------|-------------|
| 321 | 7.5 |

Note: Oatmeal must be pureed for level 1 pureed diets.

Orange Creamsicle

1/2 Cup (4 oz) Portion

| Ingredients | Measurement | Serves 10 |
|------------------|-------------|-----------|
| Orange Sherbet | cup | 3 1/3 |
| Half-and-half | cup | 2 1/2 |
| Light Corn Syrup | cup | 5/8 |
| Oil | Tbs | 3 1/3 |

| Calories | Protein, gm |
|----------|-------------|
| 264 | 2.5 |

Directions:

1. Measure ingredients and blend together.
2. Maintain temperature $\leq 41^{\circ}$ F.
3. Serve immediately.

