



## Dessert Recipes to promote Hydration

- *Freezie Pops*
- *Popsicles*
- *Granita*
- *Ice Cream*
- *Jello*



Simply Different, Simply Better.®

## Reasons to use SimplyThick® EasyMix™ in your kitchen



- ✦ Mixes rapidly with many foods and temperatures.
- ✦ Does not affect color of final product.
- ✦ Adds body to foods that makes processing easier.
- ✦ Does not spill on tables, floor, and counters for a cleaner work space.
- ✦ Adds volume to some foods so portion size is not diminished for an improved plate appearance.
- ✦ Adds glistening effect to some foods for improved appearance.
- ✦ Salads and fruits with a high water content will not weep, or breakdown with a liquefied texture.
- ✦ Foods which are difficult to process can be pureed to a smooth creamy texture.
- ✦ Takes less storage space than powdered thickeners.
- ✦ Reduces inventory of pre-thickened juices and other thickened beverages. SimplyThick gel can be used for many foods and beverages.



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# 8 Simple Tests

by John L. Holahan

The International Dysphagia Diet Standardisation Initiative released their framework in 2015. It represented the best work and the best thinking of an international group of experts on dysphagia diets. The most remarkable thing to me has always been the simple practicality of the framework. It was written with end users and their caregivers in mind.

The framework itself consists of 7 different food levels (counting the subcategory of 7EC and transitional foods) and 5 beverage levels. There is a lot of great and specific information on each level in the detailed descriptions and [IDDSI FAQ document](#). But without testing methods, it would be really difficult to know if a prepared food actually meets the standards.

Fortunately, every food prepared for use within the framework can be tested with only 8 simple tests. And it uses only 3 tools - a fork, a spoon and a syringe. (And if you don't have forks or spoons, you can use chopsticks and/or fingers). This is what I think truly separates IDDSI from anything that has come before it. The practical approach to testing. It is so simple and practical, almost anyone can learn it.

I fully understand that there are pieces of laboratory equipment that can be used to test many of the food qualities. In fact, I own some of these pieces of equipment. But they cost hundreds, thousands or even tens of thousands of dollars - for each instrument. This makes them completely impractical for widespread use. Many people with dysphagia are at home. Not to mention that many pieces of laboratory equipment would not hold up to the rigors of a commercial kitchen.

I've had the privilege to work with the Canadian IDDSI Expert Reference Group (CIERG) over the last couple of years to support the implementation of IDDSI across Canada. Last month, I was honored to be tapped to present a hour webinar on the IDDSI test methods.

As I wrote the script and prepared the slides, it really reinforced how remarkable it is that the WHOLE diet is classified and tested with such simplicity. It really is a beautiful thing.

I encourage you to see for yourself.

Follow this link to the video—

<https://www.youtube.com/watch?v=Ua7cAdOb5ro&feature=youtu.be>

## International Dysphagia Diet Standardisation Initiative (IDDSI) : TEST METHODS (201)



prepared by  
Canadian IDDSI Expert Reference Group (CIERG), May 2020





## Thickened Freeze Pops

### Ingredients

Lemonade, Fruit Juice, Gatorade, nutritional supplement or yogurt blend	32 oz.
SimplyThick® EasyMix™	1 (48g) Nectar Packet <b>OR</b> 8 (6g) Nectar Packets <b>OR</b> 8 strokes

**Yield:** approx. 10, 3 oz. popsicle

**Special Equipment Needed:** SimplyThick shaker or a blender, Freeze Pop plastic sleeves such as Zipzicles, a funnel or turkey baster.

### Wash hands before beginning preparation. SANITIZE surfaces & equipment.

- 1 Pour your favorite lemonade, fruit juice Gatorade, nutritional supplement or yogurt blend into the SimplyThick shaker or a blender. Ensure there is at least 2-3" of head space.
- 2 Dispense SimplyThick gel into beverage and shake vigorously for 10 seconds or mix using a blender for 20-30 seconds until desired consistency is reached.
- 3 Open plastic sleeves and dispense thickened beverage using a funnel or turkey baster to fill line. If your plastic sleeve does not have a fill line, ensure there is at least 1" of head space as the juice will expand when frozen.
- 4 Place in freezer until frozen.
- 5 Serve and enjoy.
  - Tip: wrap with napkin to prevent cold hands.

### Critical Control Points (CCP):

- Please consult with SLP for approval of plastic sleeve prior to use.
- Store at temperatures that keep food in frozen state.



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## Ingredients

Fruit Juice, Gatorade, 32 oz.  
Lemonade etc..

SimplyThick® EasyMix™

**Nectar Consistency** 1 (48g) Nectar Packet  
**OR** 8 (6g) Nectar Packets  
**OR** 8 strokes

**Honey Consistency** 1 (96g) Honey Packet  
**OR** 8 (12g) Honey Packets  
**OR** 16 strokes

**Yield:** 8- 4 oz. Popsicles

**Special Equipment Needed:** Blender, Popsicle Molds

**Wash hands before beginning preparation. SANITIZE surfaces & equipment.**

- 1 Measure 32 oz. of your favorite fruit juice, Gatorade or lemonade into large mixing container or blender. Ensure there is at least 2-3" of head space.
- 2 Dispense appropriate amount of SimplyThick gel into beverage based on desired consistency.
- 3 Mix using a blender, hand mixer or whisk for 20-30 seconds or until desired consistency is reached.
- 4 Pour thickened beverage into popsicles molds.
- 5 Place in freezer until frozen.
- 6 To best release frozen popsicle from mold, run under hot water.
- 7 Serve and enjoy.

### Critical Control Points (CCP):

- Store at temperatures that keep food in frozen state.



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## Thickened Granita

### Ingredients

Fruit Juice or Lemonade 32 oz.

SimplyThick® EasyMix™

**Nectar Consistency** 1 (48g) Nectar Packet  
OR 8 (6g) Nectar Packets  
OR 8 strokes

**Honey Consistency** 1 (96g) Honey Packet  
OR 8 (12g) Honey Packets  
OR 16 strokes

Yield: Eight, 4 oz. bowls

Special Equipment Needed: Blender, Metal Bowl

**Wash hands before beginning preparation. SANITIZE surfaces & equipment.**

- 1 Measure 32 oz. of your favorite fruit juice, Gatorade or lemonade into large mixing container or blender. Ensure there is at least 2-3" of head space.
- 2 Dispense appropriate amount of SimplyThick gel into beverage based on desired consistency.
- 3 Mix using a blender, hand mixer or whisk for 20-30 seconds or until desired consistency is reached.
- 4 Pour thickened beverage into metal bowl.
- 5 Place in freezer until frozen.
- 6 Using a metal fork, gently scrape/shave the top of the frozen granita.
- 7 Serve in bowl with spoon. Enjoy.

### Critical Control Points (CCP):

- Store at temperatures that keep food in frozen state.



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**Thickened Ice Cream**

Ingredients	Single (1)	Bulk (8)
Ice Cream	½ cup	4 cups
SimplyThick EasyMix		
<b>Nectar Consistency</b>	1 (6g) Nectar Packet OR 1 stroke	1 (48g) Nectar Packet OR 8 strokes
<b>Honey Consistency</b>	1 (12g) Honey Packet OR 2 strokes	1 (96g) Honey Packet OR 16 strokes

**Special Equipment Needed:** Food Processor

**Wash hands before beginning preparation. SANITIZE surfaces & equipment.**

- 1 Soften ice cream for 15 minutes and scoop into food processing bowl.
- 2 Process ice cream and SimplyThick gel until mixed or particles in ice cream are thoroughly pulverized.
- 3 Pour/scoop into individual serving dishes or one container suitable for freezing. Remove from freezer when ready to serve.

**Note:** Ice cream with SimplyThick gel does not thin at room temperature. Pureeing ice cream blends SimplyThick well and a wide variety of ice cream flavors can be used, even chocolate chip! Final texture is soft and spoonable at room temperature. Enjoy a wider variety of flavors at less cost than purchased thickened desserts.

**Critical Control Points (CCP):**

- Freeze, and maintain freezer at 0°F or less.



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**Thickened Gelatin**

Ingredients	Single (1)	Bulk (8)
Pre-set gelatin, chilled	½ cup	4 cups
SimplyThick EasyMix <b>Nectar Consistency</b>	2 (6g) Nectar Packets <b>OR 2 strokes</b>	2 (48g) Nectar Packet <b>OR 16 strokes</b>
<b>Honey Consistency</b>	2 (12g) Honey Packets <b>OR 4 strokes</b>	2 (96g) Honey Packets <b>OR 32 strokes</b>
Whipped Cream	1 dollop	8 dollops

**Special Equipment Needed:** Food Processor

**Wash hands before beginning preparation. SANITIZE surfaces & equipment.**

- 1 Add chilled, pre-set gelatin to food processor.
- 2 Add SimplyThick gel and process until thoroughly mixed.
- 3 Spoon 4 oz. of finished product into serving dish. Place in refrigerator until ready to serve.
- 4 Add a dollop of whipped cream for garnish and serve.



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