

RESOURCE® ThickenUp® Instant Food & Drink Thickener

PUREED SALTINES		PORTION SIZE: 1 - #100 scoop (scant 2 tsp)		
INGREDIENTS	NUMBER OF SERVINGS			
	1	5	10	20
Saltines	1 each	5 each	10 each	20 each
Milk	1 tsp	2 Tbsp	½ cup	½ cup
RESOURCE® ThickenUp®	Not Needed	½ tsp	½ tsp	1 tsp

HOW TO PREPARE:

- 1. Crumble saltines in food processor.
- 2. Add milk and allow crackers to soak for 5 minutes.
- 3. Puree soaked crackers until smooth in texture
- 4. Add RESOURCE® ThickenUp® and process briefly until mixed, scraping sides of bowl as needed.
- 5. Portion one #100 scoop per serving.

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