

SLICED BREAD

Serving Size: 1 slice

Protein: 2.4 grams

Ingredients:

	1 portion	2 portions	4 portions
Bread	1 slice	2 slices	4 slices
Margarine	1 tsp.	2 tsp.	1 T + 1 tsp.
Thickener	1 T	2 T	¼ C

Directions:

NOTE: You can use either the thickener in this recipe or the gelatin slurry method

1. Remove the crust from the bread and lay on a plate, single layer. Any bread is acceptable without seeds or hulls.
2. Blend the thickener and juice or water until smooth forming a juice slurry.
3. Pour slurry over the bread, making sure to completely cover the edges and refrigerate until chilled, 1-2 hours.
4. After chilling if there is slurry left on the plate, discard the excess.
5. Drizzle melted margarine on each slice. For variety you can add jelly, honey or pureed fruit sauce for color and taste.
6. The slurry bread item must have the consistency of puree when mashed with a spoon, to be acceptable for dysphagia textures.

The following bread items are adaptable to the slurry method.

Bakery items must be without seeds, hulls, nuts or currants. Muffins, cake without frosting, cookies, unfrosted cake donuts, soft pancakes or waffles and crackers.