LYONS THICK & EASY®

Pureed Vegetable Ranch Bars



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LYONS HEALTH LABS™
Nourishment When You Need It Most®

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IDDSI LEVELS 4 5 6



INGREDIENTS

	1 Serving	6 Servings	12 Servings
PAN SIZE	Mini loaf pan or similar	8 x 8" square pan	9 x 13" pan
Butter Croissants or Crescent Rolls*	1/2 croissant or 1 1/2 crescent rolls	3 croissants or 9 crescent rolls	6 croissants or 18 crescent rolls
THICK & EASY® Pureed Bread & Dessert Mix Item: 48862	1/2 Tbsp	3 Tbsp	1/4 cup + 2 Tbsp
Water or Milk	2 Tbsp	3/4 cup	1 1/2 cup
Sour Cream*	2 Tbsp	3/4 cup	1 1/2 cup
Ranch Seasoning Mix (dry)*	1 1/2 tsp	3 Tbsp	1/4 cup + 2 Tbsp
Pureed Carrots (thicken, if needed)*	1 Tbsp	1/3 cup + 1 Tbsp	3/4 cup
Pureed Broccoli (thicken, if needed)*	1 Tbsp	1/3 cup + 1 Tbsp	3/4 cup
Tomato Puree (thickened)*	1 Tbsp	1/3 cup + 1 Tbsp	3/4 cup

PREPARATION TIPS*

SERVING OPTIONS: 1/2 of a (2 1/2 oz) croissant or (1/2 cup crumbs), 6 SERVINGS OPTIONS: 3 (2 1/2 oz) croissants or (3 cups crumbs), 12 SERVINGS OPTIONS: 6 (2 1/2 oz) croissants or (6 cups crumbs)
One half (1/2) cup crumbs are needed per serving. 1 large croissant (about 2 1/2 oz) or 3 crescent rolls yield about 1 cup of crumbs. Wheat bread can also be used in place of croissants/crescent rolls for crumbs, if desired.
Prepared sour cream ranch dip may be used in place of seasoning mix and sour cream.
THICK & EASY® bulk frozen pureed carrots & broccoli may be used. Thicken purees to achieve desired consistency, if needed.
If using canned tomato puree, add 1/4 tsp **THICK & EASY® Instant Food & Beverage Thickener** to each 1 Tbsp of puree used.

NUTRITION

Serving Size:

1 portion (about 3" x 4" rectangle - size varies per pan used)

Calories: 240

Total Fat: 14g

Saturated Fat: 7g

Trans Fat: 0g

Cholesterol: 35mg

Sodium: 570mg

Total Carbs: 23g

Dietary Fiber: 0g

Total Sugars: 6g

Added Sugars: 0g

Protein: 5g

Vitamin D: 0%DV

Calcium: 4%DV

Iron: 6%DV

Potassium: 4%DV

Nutrition calculated using butter croissants

DIRECTIONS

1. Line pan(s) with plastic wrap and spray with non-stick cooking spray.
2. Place croissant or crescent rolls in food processor and process to fine crumbs.
3. Add **THICK & EASY® Pureed Bread & Dessert Mix** and water or milk and blend until smooth.
4. Spread mixture evenly into pan. Cover and freeze.
5. Stir together sour cream and ranch seasoning mix. Set aside.

TO ASSEMBLE

1. Lift plastic wrap and frozen croissant/crescent roll layer from pan.
2. Remove plastic wrap and set frozen crust on cutting board or another flat surface.
3. Spread sour cream mixture evenly over crust.
4. Top with pureed vegetables. (Use a spoon or piping bag to evenly distribute the vegetables in an attractive pattern.)
5. Cut into bars and portion onto serving plates.
6. Allow crust to thaw completely before serving.

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