



Scoop & Shape - Puree Tacos & Pizza

IDDSI Levels 4, 5, 6, 7EC

Puree bread can be used to build pizza crust and soft taco shells using the scoop method. Use appropriate IDDSI diet level filling.

Product Used: Rubicon Puree Bread Mix

Kitchen Items Needed:

- Mixing bowl • Whisk • Rubber spatula • Offset spatula • #8 scoop • #16 scoop
- Liquid & dry measuring cups • Thermometer • Cooking spray • Sheet pan

Ingredients	#16 Scoop (6 serv)	#16 Scoop (12 serv)	#16 Scoop (18 serv)
Puree Bread Mix	1 cup (140g)	2 cups (280g)	3 cups (420g)
Vegetable Oil	2 Tbsp	4 Tbsp	6 Tbsp
Hot Water (170-185°F)	1.25 cups	2.5 cups	3.75 cups

Using #8 scoop for pizza yields 3, 6, or 9 servings.

Preparation

1. Combine Puree Bread Mix, oil, and **170–185°F hot water** in a mixing bowl. Whisk until smooth.
2. Let the mixture rest for about 5 minutes.

Shape

Tacos

3. Scoop #16 scoops onto sprayed sheet pan.
4. Spray offset spatula with oil and flatten scoops to ¼ inch.
5. Add taco puree protein to one side of scoop.
6. Fold taco over filling.
7. Use squeeze bottles to add toppings such as **Rubicon Cheddar Cheese Spread** or thickened sour cream.

Pizza

8. Scoop #8 scoops onto sprayed sheet pan.
9. Spray an offset spatula with oil and flatten scoops to 1/4 inch thickness.
10. Add toppings
 - Spread a small amount of thickened and processed marinara sauce or pesto.
 - Spoon on dollops of **Rubicon Cheddar Cheese Spread** or ricotta.
 - Add pureed toppings such as **Rubicon Puree Bacon Mix** or pureed, thickened vegetables.
 - Drizzle lightly with olive oil.



Advance Preparation

- Tacos or pizzas can be bulk prepared and stored up to 3 days refrigerated.
- Bulk prep and freeze for up to 3 months. See **Advanced Bulk Prep** for detailed instructions.

Texture & Shaping Tips

Puree pizza crusts and taco shells are suitable for IDDSI Levels 4, 5, 6 & 7EC.

Too firm or drying out?

- Puree bread softens when warmed.
- Add up to 4 Tbsp additional water per 1 cup of dry mix if product is too firm.
- Lower water temperature slightly (closer to 170°F) for softer bread.

Shaping trouble?

- Recheck recipe measurements and temperature ranges.
- Use a scale for accuracy when possible.
- Chill in freezer for 15 minutes, shape while cold, then reheat covered in a 350°F oven or steamer.

Recipe Nutrition

Taco (#16 scoop) - Calories: 120 | Fat: 5g | Sodium: 100mg | Carbs: 17g | Sugars: 4g | Protein: 2g

Pizza (#8 scoop) - Calories: 240 | Fat: 10g | Sodium: 200mg | Carbs: 34g | Sugars: 8g | Protein: 4g