

# Puree Dessert Bars or Cake Squares

IDDSI Levels 4, 5 & 6

## **Dessert Bar or Cake Square Preparation**

- 1. Spray quarter hotel pan (8 serv) or half hotel pan (16 serv) with oil.
- 2. In a mixing bowl, combine dry ingredients. Add oil.
- 3. Whisk in liquid ingredients until well blended.
- 4. Pour immediately into sprayed pan and spread evenly. Let sit for 15 minutes. Can be covered and refrigerated until service up to 3 days.
- 5. While cold or room temperature, run spatula around outside of pan and flip onto baking sheet to release the cake.
- 6. Spread topping over cake before serving. Make 1x3 cuts for 8 slices or 3x3 for 16 slices. Serve at room temperature or slightly warmed.

## Puree Chocolate Cake Square or Fudge Brownie



Ingredients	8 serv	16 serv
Rubicon Purée Bread Mix	2 cups	4 cups
Sugar	1/2 cup	1 cup
Cocoa Powder	1/4 cup	1/2 cup
Salt	1/2 tsp	1 tsp
Vegetable Oil	1/4 cup	1/2 cup
Hot Water (175-190°F)	21/2 cups	5 cups

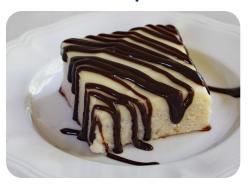
Follow recipe preparation. Very lightly, spread chocolate frosting on dessert before slicing. Move to plate and sprinkle powdered sugar on top using a small fine mesh strainer.

### Recipe Nutrition (no toppings included)

Calories: 248 · Total Fat: 9g · Saturated Fat: 2g · Trans Fat: 0g · Cholesterol: 0mg · Sodium: 302mg · Sodium: 302mg

Total Carbs: 42g · Dietary Fiber: 3.5g · Added Sugars: 19.25g · Protein: 3.5g

### Vanilla Cake Square or Boston Cream Pie Dessert Bar



Ingredients	8 serv	16 serv
Rubicon Purée Bread Mix	2 cups	4 cups
Sugar	1/2 cup	1 cup
Vanilla Extract	1 tsp	2 tsp
Salt	1/2 tsp	1 tsp
Vegetable Oil	1/4 cup	1/2 cup
Hot Water (175-190°F)	2 1/2 cups	5 cups
Cinnamon Sugar Mixture	To Taste	To Taste

Follow recipe preparation. Spread vanilla pudding over top of dessert before slicing. Move to plate and drizzle chocolate dessert topping.

### Recipe Nutrition (no toppings included)

Calories: 247 · Total Fat: 9g · Saturated Fat: 2g · Trans Fat: 0g · Cholesterol: 0mg · Sodium: 304mg ·

Total Carbs:  $40g \cdot Dietary$  Fiber:  $2g \cdot Added$  Sugars:  $19g \cdot Protein$ : 4g



# **Puree Dessert Bars or Cake Squares**

IDDSI Levels 4, 5 & 6

## Puree Apple Spice Cake Square



Ingredients	8 serv	16 serv
Rubicon Purée Bread Mix	2 cups	4 cups
Brown Sugar	1/2 cup, packed	1 cup, packed
Pumpkin Spice Seasoning	1 Tbsp	2 Tbsp
Vegetable Oil	1/4 cup	1/2 cup
Apple Juice (175-190°F)	2 1/2 cups	5 cups
Cinnamon Sugar Mixture	To Taste	To Taste

Follow recipe preparation. Very lightly, spread cream cheese frosting on top before slicing. Move slice onto plate. Drizzle caramel sauce and sprinkle cinnamon on top using a fine mesh strainer.

#### Recipe Nutrition (no toppings included)

Calories:  $285 \cdot \text{Total Fat: } 9g \cdot \text{Saturated Fat: } 2g \cdot \text{Trans Fat: } 0g \cdot \text{Cholesterol: } 0mg \cdot \text{Sodium: } 171mg \cdot \text{Total Carbs: } 50g \cdot \text{Dietary Fiber: } 2g \cdot \text{Added Sugars: } 28g \cdot \text{Protein: } 4g$ 

## Puree Lemon Raspberry Bar



Ingredients	8 serv	
Purée Bread Mix	2 cups	4 cups
Sugar	1/2 cup	1 cup
Lemon Juice	6 Tbsp	3/4 cup
Salt	1/2 tsp	1 tsp
Vegetable Oil	1/4 cup	1/2 cup
Yellow Food Coloring (optional)	2 drops	4 drops
Hot Water (175-190°F)	2 cups	4 cups
Raspberry Dessert Topping	8 tsp	16 tsp

Follow recipe preparation. Drizzle over raspberry dessert topping.

#### Recipe Nutrition (no toppings included)

Calories: 246· Total Fat: 9g · Saturated Fat: 2g · Trans Fat: 0g · Cholesterol: 0mg · Sodium: 302mg ·

Total Carbs: 42g · Dietary Fiber: 2g · Added Sugars: 19g · Protein: 4g