

## Cheddar Cheese Spread

For texture modified sandwiches, pizza or tacos.

*IDDSI Levels 4, 5, 6, 7EC*

**Product Used:** Rubicon Puree Bread Mix, Rubicon M&C Base Mix

**Kitchen Items Needed:**

- Mixing bowl • Rubber spatula
- Dry measuring cups

Ingredients	Yield: 10 servings (2 Tbsp each)
M&C Base Mix	0.25 cup (30 g)
Ricotta Cheese	1 cup

### Preparation

1. Add ricotta into a mixing bowl or cambro.
2. Vigorously fold M&C Base Mix into ricotta using a rubber spatula until fully smooth and uniform.
3. Use as a cheese spread in puree grilled cheese, sandwiches, pizza & taco fillings - see Rubicon recipes.

### Benefits of Cheddar Cheese Spread

- Proper IDDSI Level 4 texture. Can be served cold, room temp or warmed.
- Traditional cheese sauces can harden or create a film as it sits. This cheese spread remains smooth and stable, even at room temperature.
- Holds it's shape and won't ooze out of sandwiches.

### Recipe Nutrition

#### M&C Base Mix Only (30 g)

Calories: 130 | Fat: 7g | Sodium: 530mg | Carbs: 18g | Sugars: 0g | Protein: 2g

#### Cheddar Recipe - 2 Tbsp

Calories: 55 | Fat: 4g | Sodium: 70mg | Carbs: 3g | Sugars: 0g | Protein: 3.5g

