



Scoop & Shape Puree Breakfast

Waffles, Cinnamon Rolls, Toast, French Toast, Pancakes

IDDSI Levels 4, 5, 6, 7EC

Product Used: Rubicon Puree Bread Mix

Shaping Tools Used:

- Silicone bundt cake & waffle mold (provided by Rubicon)
- SimplyThick bread mold (purchase at SimplyThick.com)

Kitchen Items Needed:

- Mixing bowl • Whisk • Rubber spatula • Offset spatula • #10 scoop • #16 scoop
- Liquid & dry measuring cups • Thermometer • Cooking spray • Hotel 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)
Cinnamon (optional)	1 tsp	2 tsp	3 tsp
Vegetable Oil	2 Tbsp	4 Tbsp	6 Tbsp
Hot Water (170-185°F)	1.25 cups	2.5 cups	3.75 cups

Using #10 scoop yields 4, 8, or 12 servings.

Preparation

1. Combine Puree Bread Mix, optional cinnamon, oil, and **170–185°F hot water** in a mixing bowl. Whisk until smooth.
2. Let the mixture rest for about 5 minutes.
3. Spray chosen mold with oil. Option to sprinkle with cinnamon for darker color. Scoop and press into mold.
 - Waffles: Press into silicone waffle mold (#16 scoop)
 - Cinnamon Rolls: Press into silicone bundt mold (#10 scoop)
 - French Toast / Toast: Press into SimplyThick bread mold (#10 scoop)
 - Pancakes: Scoop (#10) and flatten with sprayed offset spatula.
(Alternatively use two #20 scoops stacked.)
4. Plate and finish with appropriate toppings such as maple syrup, cinnamon sugar, or icing.

Advance Preparation

- Bread mix can be bulk prepared and stored up to 3 days refrigerated.
- Shape breakfast items the day before service and store covered in a shallow hotel pan.

Reheat

- Keep covered and heat at 350°F for 5 minutes until warmed through.
- Keep covered on the tray line until plating.



Texture & Shaping Tips

Scoop Breakfast items 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.

Too sticky?

- After holding prepared product for 15 minutes, stir in up to 2 Tbsp of oil per 1 cup of dry mix. This lightly coats the product, reducing stickiness.

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

#16 Scoop Serv - Calories: 120 | Fat: 5g | Sodium: 100mg | Carbs: 17g | Sugars: 4g | Protein: 2g

#10 Scoop Serv - Calories: 192 | Fat: 8g | Sodium: 160mg | Carbs: 27g | Sugars: 6g | Protein: 3g