



## Lesson 2 – Puree Desserts

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

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### **Lesson Overview**

Learn how to use **Rubicon Puree Bread Mix** to create a variety of instant puree desserts including cookies, bundt cakes, donuts, hand pies, brownies, and cake wedges that maintain proper puree texture while improving menu variety. No baking or food processor required.

### **Puree Recipes**

- Scoop Dessert Method - Cookies, Donuts, Bundt Cakes, Hand Pies
- Brownies / Dessert Bars
- Cake Wedges

### **Shaping Tools Needed**

- Bundt cake silicone mold

### **Kitchen Items Needed**

- Mixing bowl
- Whisk
- Rubber spatula
- Offset spatula
- #10 scoop
- #16 scoop
- Sheet pan
- Cake pan or hotel pan
- Cooking spray
- Thermometer

### **Key Points**

### **Flavor Variations**

- Recipes include vanilla sugar, lemon cake, apple spice, cinnamon swirl, peanut butter, and chocolate.



- Desserts are the base bread recipe plus a few added ingredients you probably have on hand.

### **Multiple Dessert Shapes**

- Scoop and shape methods include cookies, donuts, hand pies and bundt cakes.
- Pour mixture into a cake pan or hotel pan. Let sit 15 minutes in cooler, then pop out onto sheet pan for puree cake wedges, cake squares or dessert bars.

### **Water Temperature Matters**

- Use 170–185°F water when preparing the bread mix.
- Lower temperature = softer dessert

### **Production Tips**

- Desserts can be prepared up to 3 days in advance or frozen up to 3 months - follow Advanced Bulk Prep for freezing and retherming.

### **Texture-Safe Toppings**

- Pudding, dessert toppings, or fruit fillings can be used to add flavor while maintaining a safe puree texture.
- Desserts can be used for all IDDSI diet levels. Garnish using the appropriate level.

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### **Action Items**

- Prepare the Chocolate Cake recipe and practice shaping cookies, bundt cakes, and donuts using the scoop method.
- Practice preparing brownies or dessert bars.
- Prepare a cake wedge dessert and practice slicing and plating for presentation.
- Experiment with different flavor variations and dessert toppings to create menu variety.