



# Cottage Cheese, Fruit Salad and Danish





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Recipe Items:	1 Portion	5 Portions
PE Whole Wheat Bread (PE#21764)	#16 Scoop (40 gm)	300 gm (10.5 oz.)
Puree Fruit (same as below)	1 Tbsp (15ml)	75 ml (2.5 fl oz)
Raspberry Sauce (smooth)	1 Tbsp (15ml)	75ml (2.5 fl oz)
White Chocolate Sauce (smooth)	1 Tbsp (15 ml)	75ml (2.5 fl oz)
Puree Cottage Cheese	#12 Scoop (80ml)	400 ml (13.5 fl oz)
Puree Fruit	#16 Scoop (60ml)	300 ml (10 fl oz)

Nutritional analysis presented contains only these ingredients

1 cm chub slice = approx. 40gm,  
1" chub slice- approx. 100gm



1. Thaw frozen products in refrigerator for a maximum 48 hrs.

Hot Service - Heat Puree Essentials food to a minimum temperature of 71°C or 160°F



2. Mix the #16 Scoop (40 gm) of PE Whole Wheat Bread and 1 Tbsp (15 ml) of pureed fruit salad in a bowl and whisk to combine.

Plate mixture of bread and fruit salad. (Approximately #16 Scoop size per serving).



Topping - Drizzle with 1 Tbsp (15 ml) - White Chocolate Sauce in a swirling motion. Finish with 1 Tbsp (15ml) of Raspberry Sauce in the centre.

3. In a parfait glass, add #12 Scoop (80ml) of puree cottage cheese and cover with #16 Scoop (60ml) of pureed fruit.

Garnish with yogurt drop to top.  
Serve parfait glass beside danish plate.

## Nutrition Facts Valeur nutritive

Per 1 each (243g) / par 1 each (243g)	
Amount	% Daily Value
Teneur	% valeur quotidienne
<b>Calories / Calories</b> 240	
<b>Fat / Lipides</b> 6g	<b>9%</b>
Saturated / satures 3g	
+ Trans / trans 0g	<b>14%</b>
<b>Cholesterol / Cholesterol</b> 20mg	
<b>Sodium / Sodium</b> 480mg	<b>20%</b>
<b>Carbohydrate / Glucides</b> 38g	<b>13%</b>
Fibre / Fibres 2g	<b>9%</b>
Sugars / Sucres 28g	
<b>Protein / Proteines</b> 14g	
Vitamin A / Vitamine A	3%
Vitamin C / Vitamine C	4%
Calcium / Calcium	6%
Iron / Fer	6%

