

# shape it

## INSTANT



### Premium Instant Moulding Powder

- ✓ Easily Moulds All Food & Liquids to Any Shape, Size and Texture
- ✓ Suitable For All Texture-Modified Diets
- ✓ Heat & Freeze-Thaw Stable\*
- ✓ Does Not Alter Colour/Flavour

Gluten, Soy, Dairy, Egg & Nut Free | Suitable For Vegans | Kosher & Halal Certified

#### PREPARATION INSTRUCTIONS:

- 1 Refer to the Dosage Recommendations table for suggested ratios of liquid to food and starting dosages.
- 2 Whisk level scoops of **Shape It** into pureed food or liquid.
- 3 In a saucepan, bring to the boil over medium heat and simmer gently for two minutes, stirring constantly.
- 4 Pour mixture into a container or mould and refrigerate until set.

#### INGREDIENTS:

Maltodextrin, Gelling Agent (Agar Agar, Pectin [Diphosphate, Polyphosphate, Dextrose]).

#### STORAGE:

18 months unopened. Store in a cool, dry place out of direct sunlight. Once opened use within one month. Once prepared, food and drinks should be handled and stored according to your site's Food Safety protocols. Flavour Creations recommends use of the '2 hour/4 hour rule' if serving vulnerable persons, refrigeration between serving, and discarding any leftover product after 24 hours.

#### Made in Australia.

Each can of **Shape It** contains a double-ended scoop (Scoop A = 1 g and Scoop B = 10 g).

#### DOSAGE RECOMMENDATIONS:

Food/Liquid Type	Ratio		Scoop A (1 g) per 100 g	Scoop B (10 g) per 1 kg
	Food	Liquid		
Water-based liquids (soups, stocks, sauces)	100 g	0 g	1	1
Milk	100 g	0 g	1	1
Fruit purees & juices	100 g	0 g	1½	1½
Meat purees	50 g	50 g	½	½
Vegetable purees	50 g	50 g	1	1

#### NUTRITIONAL INFORMATION:

Serving size: 1 g Serves per can: 200 (Scoop A) Serves per pail: 3000 (scoop A)		Average Qty Per Serving	Average Qty Per 100 g
Energy	kJ	10	1000
	kcal	2	240
Protein	g	LESS THAN 1 g	LESS THAN 1 g
Fat, total	g	LESS THAN 1 g	2.6
- saturated	g	LESS THAN 1 g	LESS THAN 1 g
Carbohydrate	g	LESS THAN 1 g	78
- sugars	g	LESS THAN 1 g	7.4
Dietary Fibre	g	LESS THAN 1 g	13.2
Sodium	mg	5	470
Gluten	mg	0	0

\*Heat stable up to 75°C. Heat and freeze-thaw stability are optimised at increasing gel strengths.



M131-05

# shape it FOOD MOULDS



**FREE SHIPPING!!!**  
Orders over \$220 ex GST  
will be sent freight free  
(Australia only)

## Shaping the future of texture-modified foods

**Enhance the dining experience with our new silicone Shape It Food Moulds.**

Moulding pureed foods into natural-looking shapes with our new Shape It Food Moulds is not only quick, easy and cost-effective it restores dignity as moulded food encourages eating and will help improve the nutritional health for those on texture C diets.



- ✓ Made from 100% food safe silicone
- ✓ Food safe lid included
- ✓ Dishwasher, microwave, oven & freezer safe
- ✓ Durable and long lasting
- ✓ Reduces costs by reducing plate waste
- ✓ Versatile - many of the moulds can be used for multiple foods
- ✓ Small footprint per portion - less intimidating on the plate
- ✓ Meets Australian state-based food portion size guidelines
- ✓ Restores dignity
- ✓ Stackable for efficient use of chiller and storage space
- ✓ Easy to use
- ✓ Save time by producing in bulk and freezing until required
- ✓ Even depth across the range of moulds allows for more consistent heating and reduces the risk of foods drying out
- ✓ Multiple portions per mould create more efficiencies in the kitchen



To watch online food demonstrations using

**Shape It  
Food Moulds**

Visit us at  
[vimeo.com/flavourcreations](http://vimeo.com/flavourcreations)

Our cookbook, **shaped: your essential guide to shaped cuisine** has everything you need to know about preparing and presenting texture C modified foods. Our Shape It Food Moulds are used throughout with loads of photographs for presentation ideas. The cookbook features over 100 recipes from breakfast to dinner, mini meals and everything in between.

