



## IDDSI Recipes 2025



**At Dr. Oetker Professional we understand the challenge Senior Living and Healthcare Professionals have balancing foodservices and client needs while creating a person-centered dining experience.**

**We also know that residents want meals that are both visually appealing and delicious.**

Dr. Oetker Professional has been providing trusted and easy-to-use dessert solutions to Senior Living and Healthcare for over 60 years. We also provide inspiration and support to help get the most out of our versatile products.

**We've worked with Cherie Furlan-Craievich RD to develop these delicious IDDSI Tested recipes using our 2025 Feature Products:**

Tropical Fruit Chiffon Mix

Peach Passion Instant Mousse Mix

Orange Tapioca Pudding Mix

**ENJOY!**



# Crustless Tropical Chiffon Cheesecake

SUITABLE FOR IDDSI LEVEL 7/6/5/4

**Product:** Dr. Oetker Professional Tropical Fruit Chiffon Mix

**Pack Size:** 4 x 667 g

**Order Code:** 1-90-082483 (100 58336 82483 5)

**Preparation Time:** 20 minutes

**Cooking Method:** Stove-top

**Serving Utensil:** #8 scoop

**Garnishing Suggestion:** May garnish with flavoured fruit syrup, whipped topping or dusting of icing sugar.

**Yield:** 32 servings

**Portion:** 65 g (2.3 oz)

## Ingredients:

Steps	Ingredients	32 Servings	
		Metric	Imperial
1	Cream Cheese, softened	650 g	1 lb 7 oz
2	Vanilla Extract, Imitation	10 mL	2 tsp
2	White Sugar	125 mL (104 g)	½ cup (4 oz)
3	Water, cold	500 mL	2 cups
3	Tropical Fruit Chiffon Mix, dry	¼ bag (172 g)	¼ bag (6 oz)
5	Whipped Topping, non-dairy, prepared	2.0 L	2 Qt
6	Whipped Topping, non-dairy, prepared for garnish	160 mL	2/3 cup
6	Graham Cracker Crumbs, dry	80 mL (55 g)	1/3 cup (2 oz)

## Preparation Steps:

**WASH HANDS BEFORE, DURING, AND AFTER PREPARATION. SANITIZE ALL SURFACES AND EQUIPMENT.**

1. At least 4 hours in advance, remove the Cream Cheese from the refrigerator and place it on the countertop to warm up to room temperature.
2. Prepare the Cream Cheese Filling. Use a stand/floor mixer, place the room temperature cream cheese into bowl. Add the Vanilla Extract and the White Sugar. Beat at a low speed for approximately 1-2 minutes until the sugar is mixed into the cream cheese and the mixture is fluffy. Set aside.
3. Prepare the Tropical Fruit Chiffon by adding the Cold Water into the mixing bowl of the stand/floor mixer. Add the Tropical Fruit Chiffon Mix into the water, stir and mix at low speed for 1-2 minutes. Scrape down sides and bottom of bowl using spatula.
4. Add the cream cheese mixture to the tropical fruit chiffon mix and whip at high speed for about 5 minutes or until peaks form.
5. Gently fold in the prepared Whipped Topping into the bowl until blended. Cover bowl with wrap and chill under refrigeration at <40°F/4°C for 2 hours minimum before serving.
6. Assemble the Crustless Tropical Chiffon Cheesecake in a serving dish/bowl that is at least 150 mL (5 oz) in size. Alternately may pipe the tropical chiffon cheesecake into a serving dish. Layer the ingredients as follows:

125 mL (½ cup) Tropical Chiffon Cheesecake using #8 scoop

15 mL (1 Tbsp) Whipped Topping

Sprinkle 2.5 mL (½ tsp) Graham Cracker Crumbs on top

**CCP: Maintain at <40°F/4°C**

**Discard after 3 days.**

**Complete IDDSI testing as required. May need to add 15 mL (1 Tbsp) of milk to 125 mL (½ cup) of prepared Tropical Chiffon Cheesecake if it is too sticky when completing the Spoon Tilt Test.**

## Nutrition Facts: 1 each (65 g/2.3 oz)

Calories	PRO	Chol	Total Fat	Sat Fat	Trans Fat	CHO	Total Fibre	Total Sugars	Sodium	Potassium	Calcium	Iron	Vit A	Vit C
130 kcal	1 g	0 mg	9 g	8 g	0.14 g	14 g	0 g	10 g	110 mg	20 mg	10 mg	0.2 mg	0 RE	0 mg

Disclaimer: All products were tested according to food safety practices and may vary depending on preparation methods specific to your food service operation. Temperature changes can impact food IDDSI levels; generally, colder temperatures can produce a thicker or stickier product.

# Peach Passion Parfait

**SUITABLE FOR IDDSI LEVEL 7/6/5/4**

**Product:** Dr. Oetker Professional Peach Passion Instant Mousse Mix

**Pack Size:** 4 x 616 g

**Order Code:** 1-90-082253 (100 58336 82253 4)

**Preparation Time:** 30 minutes

**Cooking Method:** Mix & Chill

**Serving Utensil:** Scoops

**Garnishing Suggestion:** May garnish with dollop of Peach Passion mousse in a piping bag or a sprinkle of cinnamon.

**Yield:** 28 servings

**Portion:** 96 g (3.4 oz)



## Ingredients:

Steps	Ingredients	32 Servings	
		Metric	Imperial
1	Instant Peach Passion Mousse Mix	½ bag (310 g)	½ bag (11 oz)
2	2 % Milk, cold	500 mL	2 cups
3	Peaches packed in fruit juice, canned, drained OR Pureed Peaches, RTS, canned	840 mL	3 1/3 cups
4	Vanilla Greek Yogurt	840 mL	3 1/3 cups
5	Whipping Topping, optional as garnish (not included in nutrition facts)	425 mL	1 ¾ cups

## Preparation Steps:

**WASH HANDS BEFORE, DURING, AND AFTER PREPARATION. SANITIZE ALL SURFACES AND EQUIPMENT.**

1. Prepare the Peach Passion Mousse. Use a stand/floor mixer, add Peach Passion Mousse mix into bowl.
2. Add Cold 2% Milk and stir. Scrape down sides and bottom of bowl using spatula. Beat on low speed for 2 minutes. Scrape down sides and bottom of bowl. Whip at high speed for 5-6 minutes or until peaks form. Cover bowl with wrap and chill under refrigeration at <40°F/4°C until ready to assemble dessert.
3. Prepare the pureed peaches or alternately may use Pureed Peaches, RTS. Open can of Peaches and drain. Place drained peaches into robot coupe/blitzer and puree until completely smooth. Pass through a fine sieve if necessary to remove any small lumps. If pureeing canned peaches on-site, you may need to add a thickener to achieve a smooth, cohesive texture that will hold its shape on a spoon. Chill under refrigeration at <40°F/4°C until ready to assemble dessert.
4. Assemble the Parfaits in serving cups that are 150 mL (5 oz) in size and layer the ingredients as follows:  
  
90 mL (3 oz) Peach Passion Mousse using #10 scoop  
  
30 mL (1 oz) Vanilla Greek Yogurt using #30 scoop  
  
30 mL (1 oz) Pureed Peaches using #30 scoop
5. At point of service, may garnish with a small dollop of whipped topping or peach passion mousse and sprinkle with cinnamon or nutmeg.

**CCP: Maintain at <40°F/4°C**

**Discard after 3 days.**

**Complete IDDSI testing as required.**

## Nutrition Facts: 1 each (96 g/3.4 oz)

Calories	PRO	Chol	Total Fat	Sat Fat	Trans Fat	CHO	Total Fibre	Total Sugars	Sodium	Potassium	Calcium	Iron	Vit A	Vit C
110 kcal	4 g	5 mg	1.5 g	1 g	0.04 g	20 g	1 g	15 g	80 mg	150 mg	50 mg	0.1 mg	16.1 RE	0.04 mg

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# Orange Tapioca Coconut Pudding

SUITABLE FOR IDDSI LEVEL 7/6/5

**Product:** Shirriff Orange Tapioca Pudding Mix

**Pack Size:** 2 x 1 kg

**Order Code:** 1-90-048329 (100 58336 48329 2)

**Preparation Time:** 20 minutes

**Cooking Method:** Stove-top

**Serving Utensil:** #8 scoop

**Garnishing Suggestion:** May garnish with flavoured fruit syrup, whipped topping or dusting of icing sugar.

**Yield:** 24 servings

**Portion:** 125 mL (1/2 cup)



## Ingredients:

Steps	Ingredients	24 Servings	
		Metric	Imperial
1	Coconut Milk, canned	1.6 L	6 1/3 cups
2	2 % Milk, cold	1.7 L	6 3/4 cups
2	Shirriff Orange Tapioca Pudding Mix, cook & serve	1/2 bag (500 g)	1/2 bag (1 lb 2 oz)
3	2% Milk, cold	250 mL	1 cup
5	Whipped Topping, optional as garnish (not included in nutrition facts)	375 mL	1 1/2 cup

## Preparation Steps:

**WASH HANDS BEFORE, DURING, AND AFTER PREPARATION. SANITIZE ALL SURFACES AND EQUIPMENT.**

1. In a large stockpot or steam-jacketed kettle over medium heat, heat Coconut Milk until warm. Shake well before opening can and using.
2. Pour cold 2% Milk in a separate container. While stirring, gradually add Orange Tapioca pudding mix.
3. Stir mixture into hot coconut milk and cook over medium heat stirring constantly until mixture comes to boil (bubbles break surface) and begins to thicken. Orange tapioca pudding will be slightly thin; it thickens as it cools. Simmer stirring on minimum heat for an additional 2 minutes. Cover with parchment paper to prevent a crust/skin that forms on top of cooked pudding. Cool slightly on countertop for ~ 15 minutes. Stir in second amount of cold 2% Milk to achieve correct stickiness to ensure it passes IDDSI Level 5 & Level 4 Spoon Tilt Test.
4. Portion mixture into a hotel pan and place a layer of parchment paper directly on the tapioca pudding to prevent the crust/skin from developing on top of cooked pudding. Alternatively using a #8 scoop, portion prepared pudding into individual serving bowls and cover with a layer of parchment paper and wrap. Chill under refrigeration at <40°F/4°C until ready to serve.
5. At point of service, may garnish with a 15 mL (1 Tbsp) of whipped topping.

### Suitable for IDDSI Level 4/Pureed with additional preparation steps:

1. Prepare recipe as directed.
2. Remove portion to be pureed and place through sieve to remove tapioca balls; press pudding with back of spoon to push pudding/tapioca balls through sieve. Discard leftover balls in sieve.
3. Refrigerate at <40°F/4°C at least 2 hours or greater until ready to serve. Serve 125 mL (1/2 cup) using #8 scoop.

**CCP: Maintain at <40°F/4°C.**

**Discard unused products after 3 days.**

**Complete IDDSI testing as required. May need to add additional milk as required if too thick or sticky.**

## Nutrition Facts: Per 125 mL (1/2 cup) / (172 g/6.1 oz)

Calories	PRO	Chol	Total Fat	Sat Fat	Trans Fat	CHO	Total Fibre	Total Sugars	Sodium	Potassium	Calcium	Iron	Vit A	Vit C
227 kcal	4 g	10 mg	13 g	11 g	0.08 g	26 g	0 g	19 g	138 mg	250 mg	125 mg	0.2 mg	52.92 RE	0.17 mg

Disclaimer: All products were tested according to food safety practices and may vary depending on preparation methods specific to your food service operation. Temperature changes can impact food IDDSI levels; generally, colder temperatures can produce a thicker or stickier product.



Dr. Oetker Code	Product Name	GTIN	Pack Size	Servings per CASE
1-90-082483	Tropical Fruit Chiffon Mix	100 58336 82483 5	4 x 667 g	164 x 2/3 cup
1-90-082253	Peach Passion Instant Mousse Mix	100 58336 82253 4	4 x 616 g	164 x 1/2 cup
1-90-048329	Orange Tapioca Pudding Mix	100 58336 48329 2	2 x 1 kg	116 x 1/2 cup



**PRODUCT INFO  
& MORE!**

**Recipes developed for Dr. Oetker Professional by:**



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