

Versatile Stew

A soft, hearty vegetable and lentil stew suitable for IDDSI Level 7. All ingredients should be tender and easy to chew.

Time to prepare 15 minutes | **Time to cook** 25 minutes | **Serves** 3

- 1 tbsp vegetable oil
- 200g onion
- 2 medium carrots (100g peeled)
- 2 garlic cloves
- 1 tsp tomato purée (7g)
- 400g passata
- 100g red lentils
- 200ml vegetable stock/water
- 1 tbsp Henderson's relish
- Salt
- Pinch of sugar (optional)

Bouquet garni

- Sprig of fresh rosemary
- Sprig of fresh thyme
- 2 bay leaves
- 2 cloves



DISCOVER MORE VEGAN AND VEGETARIAN RECIPES

This dish is an IDDSI-friendly, texture-modified version of a recipe from our website. Serving the original dish for those who do not require modification helps create a more inclusive dining experience. Find the original recipe and more vegan/vegetarian dishes at: vegetarianforlife.org.uk/recipes

- 1 Set a deep pot over medium–low heat. Add 1 tbsp vegetable oil.
- 2 Peel and chop the onion into rough 2cm pieces. Add to preheated pot.
- 3 Dice peeled carrots to 1cm pieces. Add to pot.
- 4 Chop garlic and fry for a couple of minutes.
- 5 Add tomato purée and passata. Add alcohol if using.
- 6 Using a muslin cloth and food grade string, form a bouquet garni and add it to the sauce, making sure none of the sprigs escape the cloth.
- 7 Add the lentils, cover with stock and stir well. Cover with lid.
- 8 Turn the heat up to high and bring to a boil, then reduce to medium–low and simmer for 20 minutes or until lentils and carrots are soft.
- 9 Remove bouquet garni before serving. Season with Henderson's relish and then salt. If the stew is too acidic, add sugar.

Final check: Ensure all pieces are soft and easily chewed before serving. Adjust cooking time or chop size if needed to meet Level 7 guidelines.

Borlotti Bean and Dill Pâté

A smooth and savoury borlotti bean purée, gently flavoured with dill and garlic – perfect for IDDSI Level 4.

Time to prepare 5 minutes | **Serves** 4

- 240g borlotti beans (from a 400g tin), drained and rinsed
- 1 small garlic clove
- 50g vegan cream cheese
- 1 tbsp lemon juice
- 1g fresh dill (no stems)
- Salt

- 1 Drain and rinse the beans thoroughly.
- 2 Blend all ingredients together until smooth and well combined.
- 3 Pass the mixture through a fine sieve.

Final check: Check the texture to ensure it meets IDDSI Level 4 purée standards; if needed, add 1 tbsp water and mix in to achieve the correct consistency.



HOW TO MEET PROTEIN REQUIREMENTS ON TEXTURE-MODIFIED DIETS

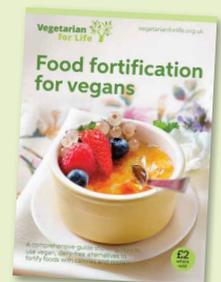
Good protein sources for vegan and vegetarian texture-modified diets include: Legumes (peas, beans, lentils, tofu), nuts and seeds and their butters, eggs* and dairy products*, meat-free alternatives, and grains.

These foods can be ground, puréed, mashed, or grated to enrich other dishes. For example:

- Add beans, peas, or lentils to soups, curries, and stews, then blend (for Level 4 diets, remove tougher skins if needed).
- Stir silken tofu, ground nuts or seeds, or nut butter into soups or smoothies.
- Nut and seed butters (e.g. peanut, tahini, cashew) add creaminess to soups and stews.

For more information, order Vegetarian for Life's *Food Fortification for Vegans* guide (£2 + P&P): 0161 257 0887 | vegetarianforlife.org.uk/shop

*not for vegans.



Almond and Vegetable Korma

A mild, creamy vegetable korma adapted for IDDSI Level 5. All ingredients must be soft, moist and cut to pieces no larger than 4mm x 4mm x 15mm. **Time to prepare** 20 minutes | **Time to cook** 20 minutes | **Serves** 3

Important note: If using ground almonds, process them further in a food processor and pass through a sieve to remove any hard particles. Alternatively, use almond essence to provide flavour without affecting texture.

- 560g mixed vegetables (use a mix of 2 or 3 different vegetables e.g. carrot, cauliflower, sweet potato, courgette)
- 1 onion
- 1 clove garlic
- 2 tbsp vegetable oil
- 1 tsp ground cumin
- 1 tsp ground coriander
- 1 tsp turmeric
- 1 tsp ground ginger
- 250ml tinned coconut milk
- 2 tbsp lemon juice
- 40g powdered almonds
- 50ml water



SUPPORTING A VEGAN RESIDENT AT MEALTIMES

Concerned about catering for a new vegan resident? If you're about to begin catering for an older vegan you might be feeling slightly apprehensive and have questions running through your mind. Our *Vegan Rescue Pack* (£2 + P&P) will help you become a confident and happy vegan cook! 0161 257 0887 | vegetarianforlife.org.uk/shop



- 1 Wash, peel and chop all vegetables to pieces no larger than 4mm x 4mm x 15mm. Add them to salted boiling water and cook until soft but not falling apart.
- 2 Peel and chop onion and garlic. Heat vegetable oil in a pot on medium heat.
- 3 Gently sauté onion and garlic. Turn down heat and add spices. Cook over low heat for a couple of minutes, taking care not to burn.
- 4 Add coconut milk and lemon juice, then bring to a boil.
- 5 Stir in ground almonds gradually, to ensure that the right consistency is achieved. Add more water if it is too thick.
- 6 Mix the sauce and vegetables together, gradually adding the liquid to the vegetables. Season to taste.

Final check: Ensure all vegetable pieces are soft, moist, and minced to the correct size for Level 5. Adjust chopping, cooking time, or liquid as needed to meet IDDSI guidelines.

Vegan Chickpea 'Tuna' Sarnies

A soft, minced chickpea filling served in moistened white bread, adapted for IDDSI Level 5. All components must be moist, cohesive and cut to pieces no larger than 4mm x 4mm x 15mm.

Time to prepare 10 minutes | **Time to chill** (refrigerate) 1 hour | **Serves** 3

IMPORTANT NOTES:

- This recipe requires a clean spray bottle to evenly moisten the bread and achieve the correct texture.
- Only medium white bread should be used, as wholemeal or seeded breads are not suitable for Level 5.
- If the optional salad garnish is too loose or watery, thicken as needed using avocado, additional bread, or a suitable food thickener to meet IDDSI requirements.

- 240g chickpeas (from a 400g tin), drained and rinsed
- 6 slices medium white bread
- 1 tbsp tahini
- 1 tsp Dijon mustard
- 1 tbsp apple cider vinegar
- 1 spring onion
- Salt
- 1 tbsp vegan mayonnaise (optional)
- Water

Salad (optional)

- 1/3 cucumber (250g)
- 1 tsp lemon juice (3ml)
- 1/2 tsp xanthan gum (0.65g)

MASTER MEAT-FREE CATERING

Want to upskill your staff and ensure they can cater well for any vegans and vegetarians in your care? Check out Vegetarian for Life's online training. Our *Meat-Free 101* webinar series is the perfect introduction. 2.5 hours to complete with a certificate on completion: vegetarianforlife.org.uk/caterers/training-courses



- 1 Drain and rinse the chickpeas under cold water. Leave to drip dry.
- 2 Remove the crusts from the bread and discard. Tear the bread into pieces and pulse in a food processor until finely broken down into soft, small particles – not crumbs. Set aside.
- 3 Wash and finely chop the spring onion.
- 4 Using a towel, pat dry chickpeas. Add the chickpeas, tahini, mustard, vinegar and spring onion to a food processor. Blend until fully minced and cohesive. Season to taste. Add vegan mayonnaise if using.
- 5 Pass the mixture through a sieve to remove any larger particles. Transfer to a piping bag.
- 6 To assemble, place a square cutter on the serving plate. Sprinkle a thin, even layer of processed bread inside the mould.
- 7 Using a clean spray bottle, generously mist the bread with water (or plant milk) until fully moistened but not soggy.
- 8 Pipe one-third of the filling into the mould and spread evenly. Top with another thin layer of processed bread and mist again to ensure moisture throughout.
- 9 Cover with cling film and refrigerate on the serving plate for at least 1 hour to allow the texture to stabilise.
- 10 If serving with salad: Blend cucumber and lemon juice until finely minced. Pass through a sieve. If too loose, add xanthan gum (or alternative thickener) and blend again. Allow to stand briefly, then recheck consistency. Ensure the final texture is moist and cohesive, suitable for IDDSI Level 5. Serve alongside the sandwich.

Final check: Check that the final product meets IDDSI Level 5 requirements before serving.

CHEF'S TIP Use plant milk instead of water to moisten the bread for added fortification. Reserve the liquid from the chickpeas (aquafaba) for use in other dishes, such as vegan meringue or egg-free mayonnaise (note: these are not IDDSI Level 5 suitable unless texture modified).

Moussaka

A plant-based moussaka adapted for IDDSI Level 5. All components must be soft, moist and minced to pieces no larger than 4mm x 4mm x 15mm. **Time to prepare** 25 minutes | **Time to cook** 30 minutes | **Serves** 2

- 1 aubergine (220g peeled)
- 1 tbsp/15g salt
- 225g soya or pea mince (*frozen or dehydrated 60g)
- 200g potatoes, peeled
- 1 clove garlic
- 2 tbsp vegetable oil
- 190g passata
- 1 tsp/1g dried oregano
- Pinch cinnamon
- Pinch cumin
- 1 tsp onion salt
- 1 tsp garlic powder
- ½ tsp tahini
- 30ml water

'Cheese' sauce

- 30g polenta
- 180ml unsweetened plant milk
- 3 tbsp/15g nutritional yeast
- 3g garlic powder
- 0.5g smoked paprika
- Salt

*If using dehydrated mince, reduce the quantity as stated above.

WHO EATS WHAT? VEGANS VS VEGETARIANS

Vegetarians don't eat: Meat, fish shellfish, products derived from dead animals (e.g. gelatine, suet and aspic).

Vegans don't eat: Everything on the vegetarian list or anything else from an animal source including milk, cheese and other dairy products. Eggs and honey.



- 1 Peel and slice the aubergine. Place in a colander and sprinkle with salt. Leave it to drain for at least 10 minutes.
- 2 If using dehydrated mince, hydrate according to packaging instructions.
- 3 Peel and dice potatoes. Add them to a pot with cold salted water and simmer until cooked (around 10 minutes). Take care not to overcook.
- 4 Preheat fan oven or air fryer to 200°C.
- 5 Rinse the aubergine under running water and pat dry.
- 6 Place aubergine and peeled garlic clove in foil and roast for 15 minutes or until soft.
- 7 Preheat vegetable oil in a medium-sized frying pan.
- 8 Add mince and cook off any extra liquid.
- 9 Blend passata, oregano and spices. Pass through a sieve and add them to the mince. Cook until hot. Season.
- 10 For the cheese sauce: Bring plant milk to a boil in a small pot and then add polenta while whisking.
- 11 Simmer for 2 minutes, until cooked. Turn off the heat and add spices, salt and nutritional yeast. Pass through a sieve.
- 12 Drain and pat dry the potatoes. Add potatoes into cheese sauce. Season and check the consistency.
- 13 Blend roasted aubergine and garlic with onion salt and garlic powder. Add tahini and water. Pass through a sieve.
- 14 Using a square cutter, serve the mince and passata. Top with aubergine paste and then top up with potatoes and cheese sauce.
- 15 Optional: Serve with tzatziki on the side.

Final check: Ensure all components are soft, moist, and minced to pieces no larger than 4mm x 4mm x 15mm. Adjust blending, sauce consistency, or chopping as needed to meet Level 5 guidelines before serving.

Chilli non-Carne

Time to prepare 10 minutes | Time to cook 20 minutes | Serves 2

- 50g kidney beans (from a tin), drained and rinsed
- 110g soya or pea mince (Quorn or Eat Curious)
- ½ large onion
- 2 cloves garlic
- ½ medium courgette
- ½ carrot
- ½ red pepper
- 400g passata
- 1 tsp chilli powder
- ½ tsp smoked paprika
- ½ tsp cumin
- ½ tsp oregano
- ½ tsp cinnamon
- ½ tbsp smooth peanut butter
- 50g sweetcorn
- ½ tsp sugar
- 1 tsp red wine vinegar
- 1 tbsp liquid smoke (optional)
- Salt



LUXURY PLATING TECHNIQUES

Creating luxury plating involves thoughtful use of tools, textures, and colours. Balance bold colours, use layers for height, and combine textures to ensure every bite is interesting. For more complex dishes, particularly those meeting IDDSI standards, attention to detail becomes even more crucial. Techniques like piping can create appealing shapes, while avoiding silicone moulds prevents reheating issues.

- 1 Drain the kidney beans and rinse under cold water.
- 2 If using dehydrated mince, rehydrate according to packaging instructions.
- 3 Peel and dice onion and garlic.
- 4 Wash and dice courgette, carrot and red pepper. Take care to remove all the seeds from the red pepper.
- 5 Heat a medium saucepan and add all the ingredients apart from liquid smoke. Simmer, partly covered, until vegetables are soft.
- 6 Remove from heat and add liquid smoke if using.
- 7 Blend in a food processor until puréed. Check seasoning. Pass through a sieve. Add 2 tbsp water and mix in.

Final check: Ensure the purée is smooth, free from lumps or hard particles, and meets IDDSI Level 4 texture standards before serving.

Chocolate Avocado Pudding

A smooth, dairy-free chocolate pudding made with ripe avocado. Suitable for IDDSI Level 4 when fully blended and sieved.

Time to prepare 10 minutes | **Time to chill** (refrigerate) 30 minutes | **Serves** 3

IMPORTANT NOTES:

- Add the soya milk gradually when blending, because the amount required will vary depending on the ripeness of the avocados.
- Do not omit sieving – avocados can contain stringy fibres that are not suitable for Level 4.
- If serving with raspberry sauce, use thickener as needed to achieve the correct IDDSI Level 4 consistency.

- 2 ripe avocados (170g)
- 4 tbsp cocoa powder (25g)
- 80ml soya milk
- 2 tbsp caster sugar (50g)
- 1 tsp vanilla essence (optional)
- Pinch of salt

Raspberry sauce (optional)

- 60g fresh raspberries (50ml liquid)
- 10g sugar
- 0.5g/1/3 tsp xanthan gum

DISCOVER RECIPES, MENUS AND MORE

If you have access to the internet, why not visit our website? You'll find recipes, menu planners, information on nutrition, video clips and more. Whether you're planning a 4-week cycle of vegan or vegetarian meals, or are cooking for a special occasion, you'll find recipes to suit most palates: vegetarianforlife.org.uk



- 1 Blend pudding ingredients and check consistency. Pass through a sieve.
- 2 Pipe into serving dishes and refrigerate for at least 30 minutes.
- 3 The mix should not be sticky.
- 4 If making raspberry sauce, blend raspberries and sugar together and pass through a sieve. Add thickener and blend again. Leave for a couple of minutes before retesting consistency.

Final check: Ensure the pudding is completely smooth, free from fibres or lumps, and meets IDDSI Level 4 purée standards before serving. Retest the consistency after adding any sauces or thickeners.

Greek Fritters with Tzatziki

A smooth, puréed version of Greek-style vegetable fritters served with a creamy tzatziki. Suitable for IDDSI Level 4 when fully blended and sieved. **Time to prepare** 25 minutes | **Time to cook** 10 minutes | **Serves** 3

IMPORTANT NOTES:

- Remove all herb stems before blending.
- Both the fritter mixture and the tzatziki must be fully smooth and passed through a sieve to remove any fibrous particles.
- If preparing a Level 7 version separately, the sieved vegetable pulp from the tzatziki can be retained to reduce food waste.
- If additional thickening is required, adjust the tzatziki consistency using avocado or a suitable food thickener to meet IDDSI Level 4 requirements.

For the tzatziki

- ⅓ cucumber (250g)
- ½ tsp garlic purée (3g)
- Pinch of fresh dill (1g)
- 2 leaves of fresh mint
- 1 tsp lemon juice (3ml)
- ½ tsp xanthan gum (0.65g)
- 110g vegan cream cheese
- Pinch of salt

For the fritters

- ½ small carrot
- ½ small courgette
- 1 small onion
- 1 garlic clove
- 1 tbsp vegetable oil
- 60ml passata
- 1 tsp smoked paprika
- 1 tsp ground cumin
- 5g fresh parsley
- 2g fresh dill
- Zest of ½ lemon
- Salt



1 To make the tzatziki: Blend all ingredients, except cream cheese and salt. Pass through a sieve. Discard the components retained in the sieve.

2 Mix 75ml of the cucumber mix with cream cheese. Season with salt and refrigerate.

3 For the fritters: Wash and grate the carrot and courgette. Peel and chop onion and garlic. Sauté the sliced onions for 3 minutes in the vegetable oil. Add the garlic, carrots and courgettes. Sauté for a further 3 minutes until cooked.

4 Combine the remaining ingredients in a food processor and blend until puréed.

5 Pass the mix through a sieve and check the consistency and seasoning.

6 Heat the fritter mixture and serve immediately with cold tzatziki.

Final check: Ensure both the fritter mixture and tzatziki are completely smooth, free of fibrous particles, and meet IDDSI Level 4 purée standards before serving. Adjust thickness with avocado or a suitable thickener if needed.

THE RAINBOW PLATE

Colourful meals encourage appetite and boost nutrients. Red or yellow plates can help people with dementia see their food more clearly.

Root Vegetable Tagine

A warmly spiced root vegetable and chickpea tagine, blended to a smooth purée suitable for IDDSI Level 4.

Time to prepare 25 minutes | **Time to cook** 40 minutes | **Serves** 3

- ½ onion (40g)
- 1 garlic clove
- 66g carrot, peeled
- 66g parsnip, peeled
- 173g sweet potato, peeled
- 1 tbsp vegetable oil
- 300ml vegetable stock
- ½ tsp tomato purée
- 200g passata
- ½ tsp freshly grated ginger or pinch ground ginger
- ½ tsp ground cumin
- ½ tsp ground cinnamon
- 240g chickpeas (from a 400g tin), drained and rinsed



THE IDDSI GUY – EXPERT SUPPORT FOR DYSPHAGIA CARE

For further practical guidance on preparing texture-modified meals and applying the IDDSI framework, check out Andy Cullum – The IDDSI Guy. With over 30 years' experience as a care sector chef and specialist trainer, Andy offers hands-on advice on creating safe, appealing meals for people with swallowing difficulties. Explore his resources and training at:

theiddsiguy.com

- 1 Peel and chop onion, garlic, carrot, parsnip and sweet potato.
- 2 Heat a medium-sized pot on medium-high heat. Add vegetable oil, followed by vegetables.
- 3 Gently fry the vegetables to gain a little colour. Add vegetable stock, tomato purée, passata and spices.
- 4 Cover and simmer for 40 minutes. After 30 minutes, add the chickpeas to the pot. Continue cooking for the remaining 10 minutes. Check all vegetables are fully cooked and soft.
- 5 Place in a food processor and blend until no lumps are visible.
- 6 Pass the mixture through a sieve and check the consistency.
- 7 Serve with mash or rice, adapted to the required IDDSI level.

Final check: Ensure the tagine is completely smooth, free of lumps or hard particles, and meets IDDSI Level 4 purée standards before serving. Adjust consistency with extra stock or liquid if needed.

Chocolate and Orange Pumpkin Pie

A smooth chocolate–orange pumpkin purée with a biscuit base. The base may be shaped and frozen for presentation. For additional fortification, use plant milk instead of water when soaking the biscuit base.

Time to prepare 40 minutes

Time to cook 5 minutes

Serves 3

Pie base

- 50g/5 vegan shortbread biscuits
- 90ml water (or plant milk for fortification)

Pie filling

- 65g butternut squash or sweet potato uncooked, peeled
- 30ml orange juice (for cooking)
- 35g silken tofu
- 5ml orange juice (for blending)
- 1g finely grated orange zest (approximately 1/5 of the zest of a medium orange)
- 10g sugar
- 1/2 tsp cocoa (1.5g)



TOFU – VERSATILE AND NUTRITIOUS

Tofu is a great source of protein, calcium, iron, and vitamin D, and comes in textures from silken to extra firm. It can be used in many dishes, from scrambled tofu and stir-fries to mousses, quiches, and cheesecakes. For IDDSI Level 4 (puréed) meals, such as our chocolate and orange pumpkin pie, always adapt recipes to the correct texture – not all tofu dishes are suitable without modification.

- 1 Blitz biscuits to a powder and mix in water until purée is formed (don't over work). Set aside. Optional: Use a triangular cutter and acetate tape to shape into a slice of pie for the base and freeze it for at least 40 minutes.
- 2 Peel butternut squash or sweet potato and dice in small pieces. Place the dice and 30ml orange juice in a microwave-safe dish and microwave for 5 minutes. Check halfway through cooking and add water if all liquid has evaporated.
- 3 Drain the liquid from the tofu and remove from packaging.
- 4 Blend all the filling ingredients in a food processor until smooth. Pass through a sieve. Check the sweetness and texture. Pipe 40g of biscuit mix and top with 30g of pie filling on the plate or use the moulded base if frozen in advance.
- 5 Serve cold.

Final check: Ensure the pie filling is completely smooth, free of lumps, and meets IDDSI Level 4 purée standards before serving. Retest the consistency if using additional sauces or toppings.

Vegan Tiramisu

A smooth, coffee-infused biscuit purée layered with a light vanilla cream, adapted for IDDSI Level 4.

Time to prepare 15 minutes | **Time to chill** (refrigerate) 30 minutes | **Serves** 1

- 3 vegan shortbread biscuits
- 1 tbsp cocoa powder (for dusting)

For the coffee

- Generous 5 tbsp strong coffee
- 1 tsp sugar
- (Optional) vegan coffee liquor

Vegan cream

- 150g silken tofu
- 1 tbsp sugar
- 2 drops vanilla essence
- 1 tsp lemon juice



VEGAN AND VEGETARIAN COMMUNICATION TOOLS

Some residents may find it difficult to express their dietary preferences, especially if they have dementia, stroke, or other communication challenges. Vegetarian for Life's new resources help staff and residents talk about food and make choices easily.

- **Talking Mats** – A visual system for expressing preferences, developed by speech and language therapists.
- **Menu Book** – Illustrated pages let residents point to meals, drinks, and special options.
- **Menu Cards** – Quick, simple recipes that promote independence and group activities.

These tools support resident choice, participation, and inclusive mealtimes.

Order from:

vegetarianforlife.org.uk/shop/category/communication



- 1 Prepare the coffee using a cafetière and pour into a small bowl. Make sure no coffee grinds get into the bowl.
- 2 Dissolve the sugar and let it cool. Optional: Add coffee liquor if desired.
- 3 Blitz biscuits to powder and gradually start adding coffee mixture until a purée is formed.
- 4 Meanwhile, prepare the cream. Using a food processor or stick blender, blend all ingredients until the cream is smooth and sugar is dissolved.
- 5 Start assembling the dessert by piping half the cream, first in a square or rectangular shape. You could use a cookie cutter lined with acetate tape to help keep the shape. Then pipe half of the biscuit purée on top of the cream.
- 6 Pipe the remaining cream in the same shape, then pipe the remaining biscuit purée on top.
- 7 Refrigerate dessert for at least 30 minutes. Dust with cocoa powder before serving.

Final check: Ensure both the biscuit purée and cream are completely smooth, free of lumps, and meet IDDSI Level 4 purée standards before serving.

December

Crème Brûlée

A rich and creamy cashew and silken tofu purée, delicately flavoured with vanilla and a hint of cinnamon, adapted for IDDSI Level 4. **Time to prepare** 30 minutes | **Time to cook** 8 minutes | **Time to chill** (refrigerate) 2 hours | **Serves** 4

- 75g cashews
- Pinch of salt
- 350ml/generous ½ pint boiling water + extra for soaking
- 1 tsp Dr Oetker veggie gel
- 180g silken tofu
- 55g sugar
- 1 tsp vanilla extract
- ½ tsp ground cinnamon



CREATING APPEALING VEGAN TEXTURE-MODIFIED MEALS

Making appetising vegan or vegetarian meals to fit the IDDSI framework doesn't have to be complicated.

Focus on visual appeal, flavour, aroma, and colour contrast. For full guidance, order our *Vegan Texture-Modified* guide (£2 + P&P): 0161 257 0887 |

vegetarianforlife.org.uk/shop



- 1 Soak the cashews in boiling hot water for at least 30 minutes. Make sure all the nuts are covered.
- 2 Blend the cashews and salt.
- 3 Put in a saucepan and add one-third of the boiling water and veggie gel. Blend with a hand blender for 1 minute over a gentle heat.
- 4 Gradually add the remaining boiling water. Continue blending for 2 minutes.
- 5 Add tofu, sugar and vanilla extract.
- 6 Process for another couple of minutes or until smooth.
- 7 Pass mixture through a fine sieve.
- 8 Divide among 4 ramekins and let cool.
- 9 Cover with cling film and refrigerate for 2 hours.
- 10 Remove from fridge and sprinkle with cinnamon before serving.

Final check: Ensure the purée is completely smooth, free of lumps or cashew fibres, and meets IDDSI Level 4 purée standards before serving.