



**Shriners Hospitals  
for Children®**  
Chicago

# **Blenderized Diet Cookbook**



***A helpful resource  
for patients and  
their families  
containing tips  
and recipes for a  
blenderized diet***

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## Letter from the Author

My name is Evan Wallace and I am a Shriners Hospitals for Children — Boston patient. On December 21, 2015, I went into Boston Shriners Hospital for a bone-grafting surgery.

I was born with a cleft lip and palate. The surgeon removed bone from my right hip and used that bone to reshape the roof of my mouth and to fix a hole that connected the inside of my mouth to my nose.

I was told I was not allowed to participate in any physical activity for three months and I would not be able to eat or chew any solid food for eight weeks. The process was very difficult for me at first. After experimenting with different foods, I learned which foods were easier to eat and how to prepare foods to make them easier as well.



When I was recovering in Boston Shriners Hospital after surgery, I was given excellent care. I was even visited by the local fire department and given a generous Christmas gift! When I received the present, I made a promise to the staff and myself that I would create a cookbook for children who are so very strong and brave for having the same surgery. I wanted to do my part and help out with this great hospital.

This cookbook is full of helpful options and recipes. I sincerely hope and believe that these suggestions will help you and your child through these next eight or more weeks and that recovery will be quick.

## Acknowledgements

Thank you to all who helped create this cookbook!

**Jennifer Hall MS, RD, LDN, Clinical Dietitian, Sandy Barrett, RN, BSN, CCM, care manager, and Christian Tams, dietetic intern** *provided many of the recipes and tips you will find throughout this cookbook. They continue to help many other patients with their dietary needs and individualized treatments.*

**Abbey Treamer and Drew Bradley, PR and Marketing Interns,** *designed and formatted this cookbook for all current and future patients.*

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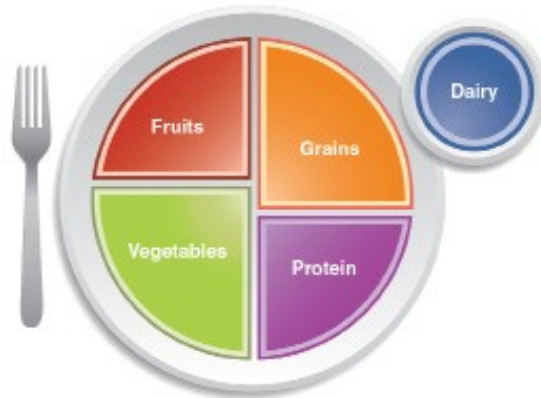


# Introduction

Eating is one of the most important contributing components to a fast recovery from surgeries and the injuries sustained by those surgeries.

Maximizing calorie and protein intake in your diet helps your body get all of the important nutrients needed for healing and repair. However, due to injury and/or surgery, traditional eating is not always possible or recommended by the healthcare team.

This book serves as a guide to those whose diet has been modified and are on clear liquid, full liquid or blenderized diet.



## Clear Liquid Diet

The clear liquid diet may be recommended initially after a surgery. This diet includes liquids that are clear/see through and not milk based. Typically this diet is followed for a short amount of time. Below is a list of items allowed on the clear liquid diet.

### CLEAR LIQUID SUGGESTIONS

- SOUPS:**
  - Broth
  - Strained (thin) transparent soup
- JUICE:**
  - Orange juice (no pulp), apple juice, grape juice, nutritional supplement juice boxes (Enlive Apple, Boost Berry, etc.)
- OTHER BEVERAGES:**
  - Tea
  - Coffee
  - Gatorade
  - Powerade
- OTHER:**
  - Popsicles
  - Flavored ice cups
  - Gelatin

**TIP:** Add nutrition supplements that are allowed on the clear liquid diet to get more protein and calories. Adding more protein and calories will help with healing!



# Full Liquid Diet

The full liquid diet is similar to the clear liquid diet (see previous page). However, in addition to the foods allowed on the clear liquid diet, the full liquid diet also includes milk and some fiber. The following is a list of items that are part of the full liquid diet.

## FOOD SUGGESTIONS

- SOUPS:**
  - Broth, tomato soup, cream soups
  - All soups must be completely strained (no chunks of meat or vegetables)
- STARCHES:**
  - Refined cooked cereal with milk (Farina, Cream of Wheat)
- DAIRY:**
  - Milk
  - Smooth ice cream (without nuts or fruit), sherbert, frappes or milkshakes
  - Plain or flavored yogurt (without seeds or whole fruit)
  - Carnation Instant Breakfast
  - Pudding
  - Custard
  - Yogurt smoothies
- FRUITS/VEGETABLES:**
  - 100% Fruit Juice, vegetable juice
  - Strained Vegetables, Fruit
- OTHER:**
  - Popsicles, Jello, Gatorade
  - Nutritional Supplements (Resource/Enlive/Pediasure)

**TIP:** A well-balanced diet, which is high in calories and protein, helps maintain your weight, heal your wounds and fight off infections.



## Blenderized Diet

The focus of the blenderized diet is having appropriate consistency of foods (blended to a smooth drinkable form) while also working to make sure good nutrition and variety is maintained. The following is a guide to the blenderized diet developed with the help and input of patients who have been on this very same plan. We've offered a variety of recipes beyond the typical smoothies/shakes as well as tips and suggestions for success in following the blenderized diet.

### Foods Recommended:

- All thin and thick liquids such as water, flavored waters, juice, tea, milk, hot chocolate
- Foods blended to a smooth drinkable consistency, through the addition of liquids such as broth, milk and sauces to make for easier blending
- Focus on including protein choices in your drinks or blended meals to promote fullness:

**Milk, Yogurt, Cheese, Eggs, Meats, Fish, Beans, Tofu**

### Foods Not Recommended:

- Anything not blended to smooth consistency that would require chewing
- Foods with small seeds or pieces such as raspberries or nuts, which may not be broken down through blending



## Helpful Equipment

*You may find the following equipment very helpful when preparing your foods at home:*



**Blender:** This item can be used for all types of foods but requires liquid to make the right consistency. Blenders are excellent for soups and shakes. However, they are not always the best to use for making 1 portion.

**Hand-held blender:** This is a convenient device because you can use it purée your favorite soups right in the pot. It can also be used to soften well-cooked foods in a small bowl for 1 or 2 portions.



**Food processor:** This is the most expensive item of all the equipment, but it is good for shredding, slicing, chopping or blending foods. It can be purchased in different sizes. If you often prepare just 1 portion of food, buy a small processor.



**Household mesh strainer:** This is an excellent tool for straining fruits and vegetables but not meats. They are inexpensive, good to make 1 portion, and do not need electricity. However, this method can be slow.

**Food mill:** This is an excellent tool to strain fruits, vegetables and soups, but do not use it with meats. It is faster than a strainer and does not require electricity to work.



## Add More Calories

*Boosting the amount of calories in the foods and drinks your child consumes is very important. Avoiding low calorie drinks and foods and incorporating those that contain higher amounts will help with recovery and avoiding weight loss while recovering. The following is a list of tips to boost the calorie content of drinks and meals:*

### Boosting Your Calorie Intake

- Add 2 to 4 tablespoons of canned coconut milk or cream to smoothies, shakes, cereals or yogurts for extra calories.
- Choose creamy soups rather than soups with clear broths.
- Drink apricot or peach fruit nectars. They are less acidic than others.
- Drink fruit shakes or fruit smoothies made with yogurt or ice cream.
- Make ice cubes from milk or fruit nectar. Use these high-calorie ice cubes in smoothies or to keep your shakes cold. As they melt, they will add calories to your beverages.
- Drink high-calorie drinks, such as milkshakes, soy milkshakes or pasteurized eggnog.
- Drink a liquid nutritional supplement such as Ensure instead of milk to make a nutritious, high-calorie milkshake.
- Add honey to smoothies, tea, yogurt, hot cereals, shakes or ice cream.
- If you are not on a low-fat diet, add sour cream, half and half, heavy cream or whole milk to your foods. You can add it to mashed potatoes, sauces, gravies, cereals, soups and casseroles. Consider adding mayonnaise to your eggs, chicken, tuna, pasta or potatoes to make a smooth, moist salad.
- Add avocado to meals or smoothies.
- Add nut butters such as peanut butter to shakes and smoothies.

## Add More Protein

In addition to boosting your child's calorie intake, boosting protein intake is also very important. Trying to limit meals that are low in protein and choosing ingredients as well as drinks that are higher in protein will help with your child's recovery, make them feel fuller, and help avoid weight loss. The following is a list of tips to boost the protein content of drinks and meals:

### Boosting your Protein Intake

- Add blenderized tofu to cooked vegetables, soups, smoothies, or in place of chicken or meat if you are having difficulty eating animal proteins.
- Add cooked blenderized eggs to your soups, broths and cooked vegetables.
- Substitute sour cream with plain Greek yogurt in smoothies and cream sauces for added protein.
- Add cheese sauces to your soups, cooked eggs, vegetables and starches. For example, adding full-fat ricotta cheese can moisten a blenderized meal, as well as add calories and protein.
- Use fortified milk rather than regular milk to double the amount of protein in it. Use this milk in shakes, hot cereals, mashed potatoes, hot chocolate, or with instant puddings to create a high-protein, high-calorie blenderized meal. Also, you can add non-fat dried milk powder alone to purées and smoothies to add more calories and protein.



## Liquid Nutritional Supplements

| Liquid Nutritional Supplement | Serving Size | Calories (kcal) | Protein (g) | Fat (g) | Lactose Free |
|-------------------------------|--------------|-----------------|-------------|---------|--------------|
| Ensure                        | 8 oz         | 220             | 9           | 6       | Yes          |
| Ensure Clear                  | 10 oz        | 180             | 8           | 0       | Yes          |
| Ensure Plus                   | 8 oz         | 350             | 13          | 11      | Yes          |
| Ensure High Protein           | 8 oz         | 160             | 16          | 11      | Yes          |
| Glucerna                      | 8 oz         | 190             | 10          | 7       | No           |
| Boost                         | 8 oz         | 240             | 10          | 4       | Yes          |
| Boost Glucose Control         | 8 oz         | 190             | 16          | 7       | Yes          |
| Boost Nutritional Pudding     | 5 oz         | 240             | 7           | 8       | Yes          |
| Boost VHC                     | 8 oz         | 530             | 22          | 30      | Yes          |
| Enlive_Apple                  | 6.75 oz      | 200             | 7           | 0       | Yes          |
| Enlive Mixed Berry            | 6.75 oz      | 200             | 7           | 0       | Yes          |
| Resource Boost Breeze         | 8 oz         | 250             | 9           | 0       | Yes          |

If your doctor or dietitian suggests that you drink high-calorie or high-protein liquid nutritional supplements, drink them between your meals. Try some of the products listed below. You can buy most of them at any supermarket or pharmacy. If you don't see them in the store, ask a pharmacist store manager to order these products for you. You can also order them online.



## Sample 1-Day Menu: Blended Diet

|                     |   |
|---------------------|---|
| <i>Breakfast</i>    | <ul style="list-style-type: none"> <li>• Blended pancakes</li> <li>• 1 blended scrambled egg</li> <li>• ½ blended muffin with butter or margarine</li> <li>• 1 cup milk or juice</li> </ul>   |
| <i>Lunch</i>        | <ul style="list-style-type: none"> <li>• 4 ounces blended turkey</li> <li>• ½ cup mashed potatoes with gravy blended</li> <li>• ½ cup blended carrots</li> <li>• ½ cup blended peaches</li> <li>• 1 cup milk</li> </ul>                     |
| <i>Snack</i>        | <ul style="list-style-type: none"> <li>• 6-8oz smoothie/shake of choice or nutritional supplement drink (pediasure/ensure etc)</li> </ul>   |
| <i>Evening Meal</i> | <ul style="list-style-type: none"> <li>• 1 cup blended spaghetti</li> <li>• 4 oz blended meatball and tomato sauce</li> <li>• ½ cup blended green beans</li> <li>• ½ cup blended fruit</li> <li>• 1 cup water, or other beverage</li> </ul> |
| <i>Snack</i>        | <ul style="list-style-type: none"> <li>• Smoothie/shake of choice or other drinkable beverages (tea, water, hot chocolate, juice)</li> </ul>  |

***Be sure to drink additional water or other beverages throughout the day and between meals.***



# Food Shopping



There are many products you can buy at the grocery store that need little or no preparation. Being aware of these items will help you choose foods that are high in calories and protein, and make preparing meals much easier. Below is a list of recommended foods and where they can be found in the grocery store.

## On the shelves

Canned foods are very convenient. Some products are high in salt. If your doctor has told you to restrict your salt intake, always check the label on the can. Some foods can be eaten “as is,” but others must be blenderized. Make sure that the consistency of the food is smooth before you eat it.

The following packaged and canned foods don’t require much preparation, are tasty ingredients to add to a blenderized meal and good sources of calories and protein.

- Instant mashed potatoes
- Canned chicken or vegetable broths
- Dry milk powder
- Regular or instant hot cereals
- Pasta or rice meals in a bag
- Canned vegetables
- Canned or jarred fruits, such as applesauce, canned peaches, or crushed pineapple
- Nectars
- 100% vegetable or fruit juices, as tolerated

## Freezer Case

These items must be stored in a freezer. Some of these products may have to be blended or ground to change the consistency. This will depend on what you can tolerate. Check the list or talk to your dietitian if you have any questions or concerns.

### Main dishes

- Macaroni and cheese
- Chicken Alfredo
- Lasagna

### Breakfast items

- French toast
- Egg substitutes
- Creamy vegetable soups
- Broths
- Chicken and rice soups

### Side dishes

- Chopped spinach
- Mashed squash
- Rice or rice dishes
- Fruit
- Thawed, frozen fruit
- Popsicles

### Desserts

- Ice cream
- Frozen yogurt
- Whipped toppings
- Sherbet

## Dairy Case

- All types of milk (whole, low-fat, or skim). Use lactose-free brands (e.g., Lactaid), if lactose is a problem for you.
- Buttermilk
- Pasteurized eggnog
- Non-dairy creamer (the powdered form in a jar does not need to be refrigerated)
- Cheeses, including cottage, farmers, ricotta and parmesan. Make sure the consistency is right for you.
- Sour cream
- Eggs or egg substitutes
- Butter and margarine
- Pudding
- Gelatin desserts
- Yogurt



# Food Shopping (continued)

## Produce

Eat different colored (orange, green, red, purple and yellow) fruits and vegetables. This can help you meet your daily needs of vitamins and minerals.

Fruit can help add variety to your meals. It is helpful to add some extra fruit juice when blending. This will help you get the right consistency and add additional calories. You can also add fruits to milkshakes to give them extra flavor and nutrients.

Fresh, frozen, or canned vegetables are all good options to include in your blenderized meals. Most vegetables need to be cooked before blending so they produce a smooth consistency. After cooking, they can be ground, chopped or blended to the consistency that is right for you.

*For baking, try:*

- white potatoes
- sweet potatoes
- yams
- beets
- squash
- asparagus
- mushrooms
- zucchini

*For steaming, boiling, microwaving, or adding to soups, try all the previously mentioned and:*

- onions
- celery
- peas
- carrots
- green beans
- cabbage
- parsnips
- spinach
- eggplant
- rutabagas
- turnips
- broccoli
- cauliflower
- tomatoes (without the seeds)

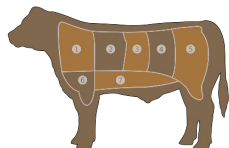


## Meats

Ground meats are the most versatile kind of meat. You can use them in sauces, casseroles, soups, meat loaf, and meatballs.

There are several types of ground meats that you can find such as:

- beef
- turkey
- chicken
- veal
- lamb



You can also ask your butcher to grind any meat that you want.

**Tip:** Ground turkey breast is low in fat. Make sure it is ground turkey breast and not just ground turkey. Ground turkey contains the skin, so it is higher in fat. You can use ground turkey breast to replace all or some of the red meat in your recipes.

## Seafood

When buying fresh fish, avoid bony fishes because they do not blend or process well.



Fresh flat fish such as flounder and sole are best. They are flaky, soft, and easy to blend or process.

Shellfish such as shrimp or lobster may be thoroughly steamed, removed from the shell and blended.

Frozen fish fillets are very convenient and often cheaper than fresh fish. They are best cooked when partially thawed in the refrigerator for a few hours.

# Planning Your Meals

*Changing your eating habits can be difficult. It is best to plan ahead for meals. This can help make sure you have enough of the right foods to eat at meal times.*

**Here are some questions to consider when planning your meals:**

- Where will you be eating (at home, a restaurant, work, someone else's house)?
- If you are eating at a restaurant, can you call ahead and request special meals?
- Do you have refrigeration and cooking facilities available? Can you boil water? Can you microwave? Can you use a blender or food processor?
- Can you carry a thermos with food already prepared and ready to eat?
- Are you eating at home with family and friends?
- Most foods can be adapted to meet your needs. For example, one portion of soup can be put aside, then strained or blended.
- Many main dishes, such as noodles, stews and casseroles can be put into a blender with some liquid.



**TIP:** For the liquid, you can use milk, gravy, tomato sauce, broth, juice, or just water. Add liquid until the food is the right consistency. Many people find it more appetizing to prepare each item separately. For instance, blend the noodles and then add the sauce on top.

## Eating Out

*Eat at restaurants that offer a variety of foods and those that will cater to people on special diets. Many places will blenderize and prepare foods based on the customer's needs.*

*Call ahead and speak to a manager or chef. You may be surprised at how accommodating they can be. It can be helpful to give them ideas of what kind of meals you would expect them to be able to prepare (e.g., shake, smoothie, strained soup, etc.).*

It is also possible to eat away from home, such as at work or at a friend's house. Here are some tips for taking food with you while you are away from home:

Bring a **blender** or **small food processor**; if electricity is needed, make sure it is available where you are going.

Buy a **thermos**; make soup or hot cereal and carry it with you.

**Freeze soups or puréed foods** in ice cube trays; cover the tray with foil or plastic wrap to prevent freezer burn. When you are hungry, use 2 or 3 cubes for a small snack, or add more cubes if you are really hungry.



# Recipes

*Many of the following recipes were created by children just like you!  
We hope they are helpful.*

**Smoothies, Shakes and Beverages. .... 12-14**

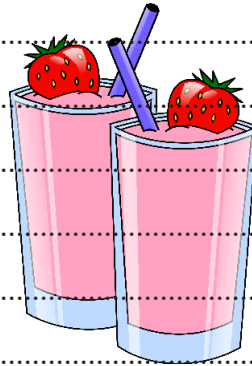
**Breakfast. .... 15-16**

**Lunch & Dinner ..... 17-20**

## Smoothies, Shakes and Beverages

*These beverages are good to drink if you want to  
boost your calories. Try various fruits and juices.*

|   |    |
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## Cinnamon Apple Smoothie

### Ingredients

- 1 cup whole milk
- 1 cup vanilla yogurt
- 1 small apple
- 1/2 teaspoon ground cinnamon
- Handful of ice cubes



### Steps

1. Wash and peel apple.
2. Remove seeds, and cut into cubes.
3. Add all ingredients to blender, and blend for 1 minute or until smooth.

## Choco-Banana Swirl

### Ingredients

- 2/3 cup of vanilla yogurt
- 2/3 cup of vanilla ice cream or frozen yogurt
- 1/4 cup of chilled and sliced ripe banana (about half of a medium banana)
- 2 teaspoons of chocolate-flavored syrup.



### Steps

1. Combine everything except the chocolate syrup in a blender.
2. Blend until smooth.
3. Pour 1/2 cup into 2 glasses; set them aside.
4. Add the chocolate syrup to the remaining mixture in the blender and blend it until it is all 1 color.
5. Pour the remaining mixture into the 2 glasses and mix it gently with a spoon.

## Applesauce Smoothie

### Ingredients

- 1 cup applesauce
- 1/2 cup milk
- 1/2 cup orange juice
- 1/2 banana
- 5-6 crushed ice cubes



### Steps

1. Place all ingredients in blender.
2. Blend until smooth, about 45 seconds to 1 min.
3. If it needs sweetening add a little bit of honey or sugar to taste.

*For a less thick version, add more milk or juice*

## Orange-Banana Smoothie

### Ingredients

- 1 cup orange juice
- 1 cup vanilla yogurt
- 1/8 teaspoon ground cinnamon
- Dash of salt
- 1 ripe banana, sliced

### Steps

1. Place all ingredients in a blender; process until smooth.

## Strawberry-Banana Shake

### Ingredients

- 1 cup frozen strawberries
- 1 banana
- 1/3 cup honey
- 1 cup skim or nonfat milk
- 1/2 cup plain or vanilla yogurt



### Steps

1. In a blender, combine all ingredients; process until smooth.

## Orange and Vanilla Shake

### Ingredients

- 1 cup orange juice
- 3 scoops frozen vanilla yogurt
- 1/2 cup milk

### Steps

1. In a blender process the orange juice, frozen yogurt and milk until the mixture is smooth.
2. Serve in a tall glass and garnish with orange slices.

## Fruit & Honey Smoothie

### Ingredients

- 1 can (16 oz.) pear halves or slices, drained
- 2 tablespoons honey
- 1-1 1/2 cups milk
- 1 cup (8 oz.) strawberry or other fruit yogurt



### Steps

1. In blender or food processor container, combine pears and honey.
2. Process until smooth.
3. Add milk and yogurt; process until blended.

## **Pink Apple Smoothie**

### **Ingredients**

- 3 (3 oz.) pkg. strawberry Jello
- 2 cups boiling water
- 2 c applesauce
- 3-4 bananas

### **Steps**

1. Dissolve Jello in boiling water.
2. Put bananas, applesauce in blender and blend until bananas are mashed.
3. Add to Jello and stir well.
4. Pour into mold that has been lightly oiled and let set.

*This is excellent for outings as it stays congealed well.*

## **Carnation Instant Breakfast Shake**

### **Ingredients**

- 2 scoops ice cream
- 1 cup whole milk
- 1 packet of carnation instant breakfast (any flavor)

### **Steps**

1. Combine all ingredients in a blender and process until smooth.
2. You can add ice while blending if desired.



## **Strawberry Shake**

### **Ingredients**

- 1 Strawberry Ensure
- 1 cup whole milk
- ½ cup strawberries
- 1 cup vanilla or strawberry ice cream.

### **Steps**

1. Combine all ingredients in a blender and process until smooth.
2. You can add ice while blending if desired.

## **Fruit Smoothie**

### **Ingredients**

- ⅔ cup of vanilla yogurt
- ½ cup of fruit nectar
- ⅔ cup of chilled or frozen fruit of your choice
- 1 tablespoon of honey
- 4 ice cubes

### **Steps**

1. Put all the ingredients into a blender.
2. Blend until smooth.

## **Jell-o Shake**

### **Ingredients**

- 1 qt. (4 cups) milk
- 1 pkg. (4-serving size) Jello Brand Gelatin, any flavor
- 1/2 cup vanilla ice cream, softened

### **Steps**

1. Place milk, gelatin and ice cream in large pitcher with tight-fitting lid; cover.
2. Shake vigorously for 1 minute or until well blended.
3. Pour into 4 glasses and serve immediately.



## **Chocolate Peanut Butter Smoothie**

### **Ingredients**

- 1 banana (peel before freezing)
- 3 tablespoons chunky or smooth peanut butter
- 2 tablespoons chocolate syrup
- ¾ cup milk

### **Steps**

1. Place all the ingredients in a blender.
2. Blend until smooth.

*Freeze the fruit first to make a thicker, more flavorful smoothie.*

*Make it a thick shake! Sub the banana for ice cream.*

## **Apple Pie Smoothie**

### **Ingredients**

- 1/2 cup yogurt
- 8 ounces milk
- 2 tablespoons frozen apple juice concentrate
- Dash ground cinnamon
- 1/2 whole green apple, seeded and cut into pieces

### **Steps**

1. Combine all ingredients in a blender and process until smooth.

*You can add ice while blending if desired.*

## **Milkshake**

### **Ingredients**

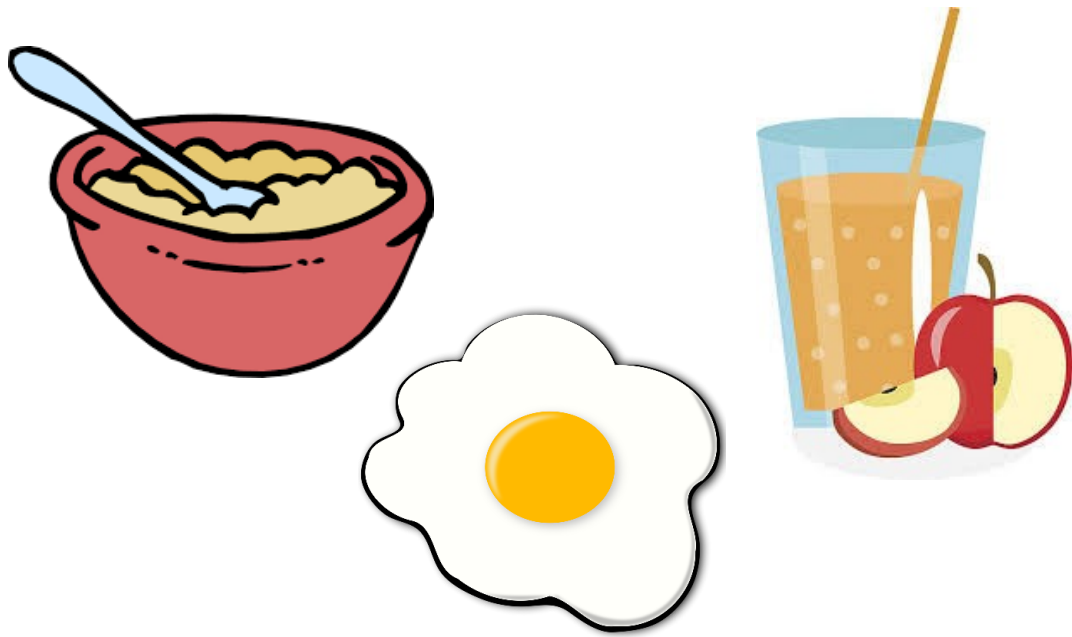
- 1 cup of skim, 1%, whole or fortified milk
- 1 cup of ice cream or frozen yogurt

### **Steps**

1. Blend until smooth

*Variation: add malted milk powder, syrups, nut butters, or fruits. Try other flavors and consistencies you may enjoy.*

# Breakfast



*Try these recipes for a healthy option to start your day.*

|                               |    |
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| Poached Eggs.....             | 16 |



## **Cooked Cereals**

When making instant hot cereals, use milk instead of water to provide more nutrients and calories. You can use skim, 1%, whole, soy, almond, rice, or fortified milk. Some people also add heavy cream or half and half for extra calories.

### **Ingredients:**

- High-protein oatmeal
- 1 cup of cooked oatmeal, prepared as instructed on the package
- ½ cup of fortified milk
- 2 teaspoons of sugar, honey, or brown sugar
- 1 small jar of baby food bananas
- Cinnamon to taste (optional)

### **Steps:**

1. Mix all the ingredients together and serve while hot.

*Variation: add applesauce, puréed banana, cinnamon, honey, yogurt, nut butters, or brown sugar and blend.*

## **Cereal Quick Breakfast**

### **Ingredients:**

- 1 serving cooked cream of wheat or farina
- ½ cup of hot milk

### **Steps:**

1. Mix well.

*Variation: add ½ cup strained fruit and blenderize.*

## **Cottage Cheese and Fruit**

### **Ingredients:**

- 1 cup cottage cheese
- ½ cup fruit (without seeds)
- ½ cup fruit juice

### **Steps:**

1. Blenderize to smooth consistency.



## **Breakfast Frappe**

### **Ingredients:**

- 1 envelope instant breakfast
- 8 oz of milk

### **Steps:**

1. Put into a blender and mix well.
2. Add a scoop of ice cream if desired and blenderize.

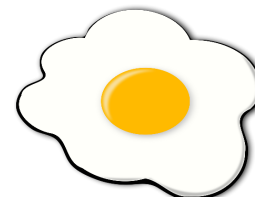
## **Poached Eggs**

### **Ingredients:**

- 2 poached eggs
- 1 cup warm milk

### **Steps:**

1. Put into blender and mix well.



## **Pancakes**

### **Ingredients:**

- 1 serving pancakes
- Melted butter and warmed maple syrup (for taste)
- Hot milk to thin

### **Steps:**

1. Blenderize until mixture reaches a smooth consistency.

## **Blender Breakfast**

### **Ingredients:**

- 1 banana, peach, or nectarine, peeled and cut into chunks
- ½ cup of skim, 1%, whole, or fortified milk (½ cup of low-fat yogurt as well)
- 1 teaspoon of sugar or honey
- 1 tablespoon of natural bran

### **Steps:**

1. Combine all ingredients into a blender and process until smooth.
2. Pour in a tall glass.

*Makes about one 8-ounce serving.*

# Lunch and Dinner



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## **Basic White Sauce**

Use these sauces to moisten your foods and make them more tasty and attractive.

### **Ingredients**

- 1 cup of skim, 1%, whole, or fortified milk
- 2 tablespoons of any kind of oil or butter
- 2 to 3 tablespoons of flour

### **Steps**

1. Mix the flour and oil or butter in a saucepan.
2. Cook over low heat, stirring constantly until the mixture is smooth and bubbly. Remove from heat.
3. Stir in the milk. Boil for 1 minute, stirring constantly.
4. After a few minutes, it will begin to thicken. The more flour you add, the thicker the sauce will be.

*Variation: to make a basic brown sauce, substitute  $\frac{2}{3}$  cup of low-sodium beef or chicken broth for the milk.*

## **Spaghetti**

### **Ingredients**

- $\frac{1}{2}$  cup cooked spaghetti
- $\frac{1}{2}$  cup spaghetti sauce

### **Steps**

1. Blenderize, thinning with additional hot water or tomato sauce if needed.



## **Meatloaf**

### **Ingredients**

- 1 serving meat loaf
- 1 serving mashed potatoes
- 1 serving carrots or other well-cooked vegetable
- 2 tablespoons gravy
- 1 cup hot beef bouillon

### **Steps**

1. Blenderize all ingredients to smooth consistency.

## **Turkey Dinner**

### **Ingredients**

- 1 serving turkey, cut into small pieces
- $\frac{1}{2}$  cup stuffing
- $\frac{1}{2}$  cup mashed vegetables
- 1 cup turkey gravy
- $\frac{3}{4}$  cup hot water or bouillon

### **Steps**

1. Blenderize turkey, stuffing and vegetables.
2. Add gravy and liquid.
3. Blend until smooth.

## **Creamy Soup**

### **Ingredients**

- 1 cup of cooked Basic White Sauce (see recipe)
- $\frac{1}{2}$  cup of puréed vegetables or baby food vegetables
- Salt and pepper to taste

### **Steps**

1. Follow the recipe for Basic White Sauce.
2. Mix in the puréed vegetables and blenderize until smooth consistency.
3. Add salt and butter to taste.

*Variations: try adding green beans, carrots, broccoli, squash, peas, mushrooms or asparagus. Try adding dill, garlic, thyme, onion or celery.*



## **Macaroni and Cheese**

### **Ingredients**

- 1 cup baked macaroni and cheese
- 1 cup hot milk

### **Steps**

1. Add all ingredients to blender. Blend well.

## **Chicken and Noodles**

### **Ingredients**

- 1 cup boiled chicken and noodles
- $\frac{1}{2}$  cup mashed potatoes
- 1 cup hot chicken broth

### **Steps**

1. Put chicken, noodles and potatoes in blender.
2. Blend until smooth. Add broth and puree.

## Potato Soup

### Ingredients

- 2 or 3 large potatoes or 1 cup mashed potatoes
- 1½ cups milk
- 1 teaspoon margarine
- Dash of salt

### Steps

1. Cut up potatoes and boil 20-30 minutes in water.
2. Drain potatoes.
3. Put potatoes in blender and add milk, margarine and salt.
4. Blend two minutes or until smooth. *Yields two 1 cup servings.*



## Mashed Potatoes

### Ingredients

- ½ teaspoon salt
- 2 cups milk
- 2 tablespoons margarine
- 1 cup instant mashed potato flakes

### Steps

1. Combine salt, milk and margarine in saucepan and simmer.
2. Add instant potatoes and mix well. If too thick, add hot water to desired consistency (smooth).

*Yields four ½ cup servings.*

## Blended Vegetables

### Ingredients

- ½ cup cooked vegetables
- 6 tablespoons milk or hot broth
- Salt and pepper to taste

### Steps

1. Place vegetables and liquid in blender and cover.
2. Process on low speed until smooth. *To test if smooth, rub a small amount between your fingers. If any large particles can be felt, process again until smooth consistency.*
3. Add salt and pepper to taste. Heat and serve.

## Turkey Tetrazzini

### Ingredients

- 3 oz. turkey, diced, cooked
- 1/3 cup mushrooms
- 1/2 cup noodles, cooked
- Pinch onion powder
- 2/3 cup chicken broth
- Salt and pepper to taste

### Steps

1. Blend until smooth.

## Tuna Salad

### Ingredients

- 3 ½ ounces of canned tuna in water or oil
- 2 tablespoons of regular or low-fat mayonnaise
- 1 tablespoon of sweet-mixed pickle relish (optional)
- ½ cup heated chicken broth

### Steps

1. Mash the tuna with a fork until fine.
2. Place the mayonnaise in a blender.
3. For extra flavor, add 1 tablespoon of sweet-mixed pickle relish. If relish is added, blend until smooth.
4. Add tuna, heated chicken broth and blend to smooth consistency.

*Variations: Replace the tuna with 1 or 2 hard-boiled eggs to make egg salad, or with 3 ounces of cooked chicken to make chicken salad.*



## **Soufflé**

### **Ingredients**

- ¼ cup of butter
- ¼ cup of flour
- 1 ½ cup of milk or fortified milk
- ¼ teaspoon of salt
- ½ teaspoon of Worcestershire sauce (optional)
- 4 eggs, separated (yolks and whites in different bowls)
- ½ pound of low-fat cheddar cheese

### **Steps**

1. Preheat the oven to 350° F.
2. Melt the butter in a saucepan.
3. Stir in the flour until it is well blended.
4. Remove from heat. Add the milk and cook until thickened.
5. Turn off the heat, add the cheese, and stir until melted.
6. Let the mixture cool.
7. Beat in the egg yolks one at a time.
8. In a separate bowl, whip the egg whites until they are stiff.
9. Fold (mix gently, in small amounts at a time) the whipped egg whites into the sauce.
10. Pour the mixture into a 2-quart size casserole dish and bake for 30 to 45 minutes.
11. Remove from oven and blend with hot milk until smooth consistency is reached.

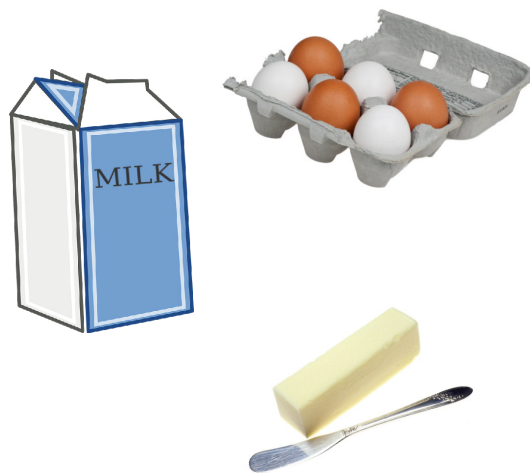
## **Egg Custard**

### **Ingredients**

- 2 slices of white bread
- 2 slices of whole-wheat bread
- 1 ¾ cups of eggs
- ½ quart of milk or fortified milk

### **Steps**

1. Preheat the oven to 350° F.
2. Remove the crusts from the bread.
3. Lay the bread into a baking dish, forming a checkerboard with the white and the whole-wheat breads.
4. Combine the eggs and milk and pour the mixture over the bread.
5. Let the mixture sit for 20 minutes.
6. Cover with foil.
7. Cook until internal temperature reaches 165° F.
8. Remove the foil and cut into squares and blend with additional milk until smooth in consistency.



***We hope that these healthy options and recipes will help you in your recovery!***



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