

# Recipes for *Puréed Diet*



## General Milkshake Recipes and Ideas

There is more than one way to make a highly nutritious shake depending on your personal needs and tastes. You can add any combination of the following ingredients to make a milkshake that suits your mood.

**Start with one of the following:**

	Protein in Grams
1 pkg. sugar free Carnation Instant Breakfast (need to add milk)	6
1 cup liquid skim (non-fat) or 1% (low-fat) milk	8
1 cup Lactaid or Calci-milk (for lactose intolerance)	8
1/3 cup unprepared powdered skim milk (need to add water)	8

**Then add a protein booster:**

1/4 cup low-fat cottage cheese	7
1/3 cup unprepared powdered skim milk	8
1 Tbsp. peanut butter or almond butter	4
2 ounces tofu (soybean curd)	4
1/2 cup plain, non-fat or low-fat yogurt	6
1/4 cup liquid Egg Beaters (do not use fresh eggs due to the risk of salmonella poisoning!!!)	6

**To add flavor, you can use the following ingredients:**

1/2 cup of any fruit (i.e. banana, strawberries, blueberries canned unsweetened pineapple, peaches, canned unsweetened fruit cocktail, etc.)	0
1 Tbsp. plain cocoa powder plus 1 packet sugar substitute	1
nutmeg, cinnamon, and apple spices to taste	0
Extracts: vanilla, almond, orange, rum, coconut to taste	0
Sugar substitute such as Equal or Sweet N Low to taste	0

- For lactose intolerance, you can also buy the Lactaid tablets or the liquid drops and add them to the above products. Your local drugstore should carry these items.

Also trying looking for recipe books designed especially for bariatric surgery patients such as *Eating Well After Weight Loss Surgery* by Patt Levine and Michele Bontempo-Saray.

### Sugar Free Carnation Instant Breakfast

1 pkg. sugar free Carnation Instant Breakfast ½ cup cold skim milk or Lactaid	Prepare according to directions on the package. Makes about ½ cup.
Total recipe provides 160 calories, 12 g protein (1 milk)	

### Frothy Egg Nog

¼ cup Egg Beaters 1 pkg. vanilla sugar free Carnation Instant Breakfast ½ cup skim milk 1 tsp. imitation vanilla 3 ice cubes nutmeg and cinnamon to taste	Whip together at a high speed for 15 seconds. Makes about 1 cup.
Total recipe provides 125 calories, 15 g protein (1 milk, 1 meat)	

### I'll Be Your Alba

1 pkg. vanilla sugar free Carnation Instant Breakfast ¼ cup low fat cottage cheese ½ cup skim milk	Blend all ingredients together. Chill. Makes 1 cup.
Total recipe provides 125 calories, 15 g protein (1 milk, 1 meat)	

### Cheesy Broccoli Soup

1 10 oz. pkg. frozen broccoli ½ cup boiling water 1 tsp salt ¼ cup finely chopped onion 1 quart skim milk 1 cup (4 oz) fat free shredded cheese pepper to taste	Cook broccoli in water and salt until tender. Place broccoli and liquid with onion in the blender. Blend until smooth. Place mixture and remaining ingredients in a saucepan. Heat slowly until cheese is melted. Serve hot. Makes about 5 cups.
Total recipe provides 550 calories, 64 g protein (4 milks, 4 meat, 2 vegetable)	

### Home Stretch Soup

1 lb. very lean ground beef  
½ cup chopped cabbage  
½ cup chopped onion  
½ cup chopped carrots  
½ cup chopped cauliflower  
½ cup chopped broccoli  
¼ cup chopped celery  
1 8oz. can stewed tomatoes  
3 cups water  
¼ tsp. black pepper  
1 ½ tsp. salt

Brown hamburger and onions. Drain or rinse off the grease. Place meat and onions on a paper towel. Pat dry to remove extra grease. Place the mixture and the remaining ingredients in a 3 – 4 quart saucepan. Simmer until all the vegetables are tender. Blend on high speed for 1 – 2 minutes or until smooth. Makes 8 cups.

Total recipe provides 375 calories, 43 g protein (4 vegetable, 5 meats)

### Tuna Bisque

2 ½ cups skim milk  
1 10 oz. can Cream of Asparagus soup  
1 10 oz. can Cream of Mushroom soup  
1 6.5 oz can water packed tuna

Blend together all ingredients EXCEPT 1 ½ cups of the milk. Blend until smooth. Gradually add the 1 ½ cups milk. Pour mixture into a saucepan. Simmer until heated. Makes 5 cups.

Total recipe provides 755 calories, 74 g protein (2 ½ milk, 6 meats, 4 starch)

### Corny Clam Chowder

1 8 oz. can kernel corn  
1 7 oz. can minced clams  
1 10.5 oz. can condensed Cream of Celery soup  
1/3 cup powdered skim milk  
1 ½ cups skim milk  
black pepper to taste

Place corn, clams (including the liquid) and the soup into a blender. Mix on high speed until smooth. Pour into saucepan. Add milk, powdered milk, and pepper. Heat slowly until hot. Makes 5 cups.

Total recipe provides 710 calories, 70 g protein (4 starch, 6 meat, 2 milk)

### Teddy Tantalizer

1 cup skim milk  
1 pkg. chocolate sugar free Carnation Instant Breakfast  
1 2.5 oz. jar baby food squash  
¼ cup Egg Beaters  
Cinnamon to taste

Blend together for about 30 seconds or until smooth. Makes 2 cups.

Total recipe provides 195 calories, 19 g protein (1 ½ milks, 1 vegetable, 1 meat)

### Shake Your Mocha

½ tsp. instant coffee  
¼ cup hot water  
1 pkg. chocolate sugar free Carnation Instant Breakfast  
1/3 cup powdered skim milk  
5 ice cubes, crush

Dissolve coffee crystals in hot water. Place this mixture and all other ingredients in the blender. Mix until smooth.  
Makes 1 cup.

Total recipe provides 90 calories, 8 g protein (1 milk)

### Chicken Roux-en-Y

½ cup water  
1 pkg. instant Cream of Chicken soup  
1 2.5 oz jar baby food chicken

Boil water. Add soup; mix until all ingredients are dissolved. Add mixture and baby food together. Stir until mixed well. Reheat.  
Makes about 1 cup.

Total recipe provides 115 calories, 10 g protein (1 meat, 1 starch)

### Byrne's Banana Nog

1 banana, sliced  
½ cup Egg Beaters  
1/3 cup powdered skim milk  
1 pkg. Sweet-N-Low or Equal  
½ cup water

Mix well in blender until smooth.  
Makes 1 ½ cups.

Total recipe provides 280 calories, 22 g protein (1 milk, 2 fruits, 2 meats)

### Vichyssoise

1 10 oz. can condensed fat-free Cream of Potato soup  
1 10 oz. can condensed fat-free Cream of Chicken soup  
2 cups skim milk  
1/3 cup powdered skim milk  
chopped chives (optional)

Blend all ingredients until smooth. Place in a covered bowl. Chill 3- 4 hours or overnight. Stir or blend again before serving.  
Makes about 5 cups.

Total recipe provides 590 calories, 36 g protein (3 milks, 4 starch)

### Breakfast in a Glass

½ cup skim milk  
½ cup fruit canned in juice or water  
¼ cup Egg Beaters  
1 pkg. Sweet-N-Low or Equal

Blend well and chill.  
Makes 1 cup.

Total recipe provides 185 calories, 11 g protein (½ milk, 1 fruit, 1 meat)

### Better Peanut Butter Shake

1/3 cup powdered skim milk  
½ banana  
2 Tbsp. creamy peanut butter  
1 tsp. imitation vanilla  
1 pkg. Sweet-N-Low or Equal  
3 crushed ice cubes  
½ cup water

Blend skim milk with the water. Then add peanut butter until smooth. Add remaining ingredients. Blend until smooth and creamy.  
Makes 1 cup.

Total recipe provides 350 calories, 22 g protein (1 milk, 1 fruit, 2 (high-fat) meats)

### Buttermilk Blush

1 cup skim buttermilk  
¾ cup mandarin oranges canned in juice,  
drained  
Sweet-N-Low or Equal to taste

Combine ingredients in a blender until smooth.  
Makes 1 cup.

Total recipe provides 150 calories, 8 g protein (1 milk, 1 fruit)

### Garden Cooler

2 fresh, ripe, tomatoes, peeled and quartered  
5 radishes, trimmed and sliced  
½ cucumber, peeled, seeded, sliced  
3 Tbsp. wheat germ  
salt and pepper to taste  
pinch of dill weed (optional)

Mix well on high speed in the blender until smooth.  
Makes about 1 cup.

Total recipe provides 130 calories, 7 g protein (1 starch, 2 vegetables)

### Perfect Peach Passion

<p>1 medium peach, peeled, pitted          1 cup plain, low-fat yogurt          ¼ cup wheat germ          1 ice cube crushed          Cinnamon to taste</p>	<p>Mix all together in a blender or for about 30 seconds or until smooth.          Makes about 2 cups.</p>
<p>Total recipe provides 230 calories, 11 g protein (1 milk, 1 fruit, 1 starch)</p>	

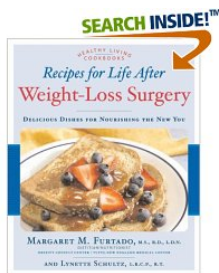
### Orange Berry Wake Up!!

<p>½ cup 100% orange juice          ¼ cup egg substitute          1 ¼ cup unsweetened strawberries          1/3 cup powdered skim milk          ½ cup cold water</p>	<p>Blend all together until smooth and frothy.          Makes 3 cups.</p>
<p>Total recipe provides 245 calories, 15 g protein (1 milk, 2 fruits, 1 meat)</p>	

### Fruit a la Franklin

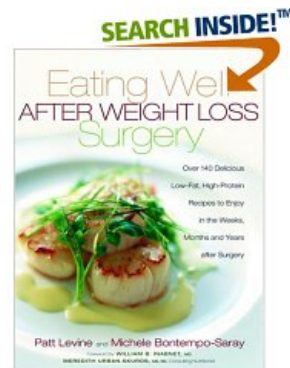
<p>1 cup unsweetened fruit cocktail, canned in juice, drained          3 Tbsp. fruit cocktail juice          1/3 cup powdered skim milk          1 cup crushed ice          cinnamon and mint to taste</p>	<p>Blend fruit cocktail and juice. Add remaining ingredients. Blend until smooth.          Makes 2 cups.</p>
<p>Total recipe provides 210 calories and 8 g protein (1 milk, 2 fruits)</p>	

Also, there are many GREAT recipe books available online, including:



“Recipes for Life After Weight-Loss Surgery: Delicious Dishes for Nourishing the New You” by Margaret Furtado, RD and Lynette Schultz (ISBN: 1592332269)

“Eating Well After Weight Loss Surgery: Over 140 Delicious Low-Fat High-Protein Recipes to Enjoy in the Weeks, Months and Years After Surgery” by Patt Levine, Michele Bontempo-Saray, William B. Inabnet (ISBN: 1569244537)



“Before and After: Living and Eating Well After Weight Loss Surgery” by Susan Maria Leach (ISBN: 0060567228)

