

Blender Diet

As prepared by Sandra Gates of Scotland, PA

A MINI FOOD PROCESSOR IS NECESSARY FOR PREPARING MOST OF THESE FOODS.
Cuisinart has a "Mini-Prep" processor that can be purchased for less than \$20 on sale.

Vegetables

Cottage Cheese

Hummus

Crush crackers to add calories to creamed soup.

Add torn bread to gravy to add calories.

Mashed cooked cauliflower, broccoli, and sweet potatoes-season well.

Frozen chopped spinach-cook and add lemon juice- salt and pepper

Pureed roasted red peppers add color and flavor to bland vegetables.

Mashed avocado

Meats

Creamed chicken, salmon, dried beef, tuna (after grinding) - add torn bread

Cooked roast beef- grind-add mayo to eat as a spread or with gravy

Cooked ground ham-add dash of maple syrup- serve with mashed sweet potatoes and mashed broccoli.

Make ham and bean soup- puree

Poached eggs anytime-for dinner poach eggs in beef gravy with bits of bread added for calories.

Use ground meats to make a melt by topping with a piece of cheese, microwave a few seconds.

Fruits

Puree strawberries to add to yogurt or cereal

Cantaloupe soup- served cold-puree cantaloupe, then add some cream and nutmeg

Grits- with or without cheese

Ground Cheerios- for breakfast with milk, etc.

Ground cookies can be added to yogurt for extra calories

All puddings or Jell-O-sugar free or not

Pureed cooked mushrooms can be added to gravies

Other homemade soups can be pureed

Ice cream, smoothies

Recipe for Asparagus Custard

Clean and peel one bunch of Asparagus

Cook until overdone

Cut up-process in mini-pre until like baby food

Spray a small casserole with Pam-add 2 beaten eggs-1/4 cup milk- 3 TBSP Shredded cheddar cheese to the Asparagus-
Bake for 30 min at 300 degrees.

Serve with ground filet mignon-mixed with gravy made from McCormick gravy mix-and add mashed potatoes.