# Liquid Diet Recipes

(c) 1996 Wide Smiles

This Document is from WideSmiles Website - www.widesmiles.org

Soft foods/full liquid foods recipes and suggestions.

Full liquid diet is an unfortunate reality for many cleft-affected persons who undergo any one of many various surgeries throughout their reconstruction. For babies, the full liquid diet is not a problem. Getting it into them may be a problem without a bottle, but the menu is pretty simple - after all, they are usually already on a full liquid diet anyway. But the older the child, the more difficult it is to enjoy the eating restrictions that are so necessary to ensure a successful repair.

To help stimulate the imagination, and to share some recipes that have worked for some, we are sharing ideas and recipes that fit within the soft food/full liquids range for diet restrictions.

First, there are many foods right on the shelves that can be of great help to you. The following foods may have the consistency of pudding or yogurt. They are generally acceptable on a full liquids diet.

Yogurt

Pudding

Jello

Applesauce (liquid added and osterized for stricter regimens)

Cream soups (blended in osterizer if chunks are to be avoided)

Tomato soup

Ice Cream (microwave on high 20 seconds to soften)

Sherbet

Slurpees

Recipes:

**Graham cracker surprise**

Graham crackers, broken or mashed

Applesauce

Apple juice

Mix all ingredients together into a mush-like consistency.

This recipe seems to be a favorite among toddlers.

**Fruit Smoothie**

banana

3-4 fresh strawberries

1/2 cup plain yogurt

1/2 cup orange juice

2 teaspoons sugar (optional)

3 ice cubes

Blend in osterizer until ice cubes are gone. Drink immediately.

3. Melon Shake

1/4 cantaloupe, cut in chunks

1/2 cup yogurt

2 teaspoons sugar (optional)

1/4 cup milk

3-4 ice cubes

Blend in osterizer until ice cubes are gone.

4. Strawberry cheesecake shake

4-5 ripe fresh strawberries (or frozen berries)

1/2 cup plain yogurt

1/4 cup cream cheese

2 teaspoons sugar (optional)

4-5 ice cubes (fewer for thinner consistency)

Blend in osterizer until ice cubes are gone.

5. Milk shake

1/2 cup ice cream

1/2 cup milk

Flavoring as desired (chocolate syrup; fresh fruit; strawberry jam; etc)

Blend in osterizer. Add more milk for thinner shake.

6. Chocolate cereal

1 serving malt-o-meal cereal, cooked as directed

1/4 cup chocolate chips

sprinkling sugar (optional)

milk

Cook malt-o-meal. Sprinkle chocolate chips over top while still hot. After a minute or so, stir in the melted chocolate chips. Sprinkle top lightly with sugar and add milk.

7. Hot corn cereal

1 cup corn flakes

1/2 cup milk

sugar to taste

Blend in osterizer until totally blended. Pour into microwave-safe bowl and microwave on high about 1 minute. Add milk to thin if desired. Good, hearty taste, nice consistency.

8. Spaghetti Frappe

1/2 cup cooked spaghetti

1/2 cup spaghetti sauce

1/4 cup green cooked green vegetable

milk

Grated parmesan cheese

Put pasta, sauce, milk and vegetable in osterizer. Blend until smooth. Microwave about 30 seconds to heat through if necessary. Sprinkle top with parmesan cheese.

9. Blender Pizza

1 slice bread

1/2 cup pizza sauce

1 slice American cheese

Small amounts each:

diced onion

diced bell pepper

sliced olives

pepperoni slices

Parmesan cheese

Put all ingredients in an osterizer and blend until smooth. Microwave on high about 1 minute. May want to add water or milk for consistency.

10. "ABC" Cheese Enchilada

1 corn tortilla, broken into chunks

Cheddar cheese, cut into chunks

1 or 2 pieces sliced jalapeno pepper (optional)

very small amounts each:

cilantro

onion

sliced olives

1/2 small can enchilada sauce

salt to taste

water for consistency

Blend all ingredients together in osterizer until smooth. (May need to add water) Pour into microwave safe bowl and microwave on high for 1 minute. This can be spicy!

Remember that your osterizer can become your best friend during aftercare eating restrictions. Anything - literally ANYthing - can be blended. (Well, no - popcorn cannot be blended. But just about anything else can be blended into a full liquid food. You just have to add enough water, sauce or milk to the food and blend it until it can be poured. Foods that work well blended from the table include the following:

Any casserole

Stews

Lasagne

Pepper steak

Canned or homemade soups

Meat and potatoes

etc.

A word of advice - vegetables, such as green beans, peas, corn, broccoli, etc. - are more appetizing and just as nutritious if blended in with the main dish. Adding milk or water to the mix for consistency sometimes also washes out the flavor.

Older kids may want you to add just a little more flavoring to the blended version of their favorite foods.

Please add your own favorite recipes and/or tips to this list (send them to JoSmiles@aol.com). Bonne Appetite!

\*\*\*\*\*\*\*\*\*\*MORE RECIPES\*\*\*\*\*\*\*\*\*\*

Orange Julius

2 1/2 cups water

12 oz. frozen orange juice

1/2 cup powdered milk

1/2 cup sugar

2 tsp. vanilla

Blend to mix. Then add 8-10 ice cubes and liquefy.

"Jordan Smoothie"

Take whole milk, plain yogurt, small amount of apple juice, a banana and a jar of baby food (fruit) and put it in the blender. Mix it up then liquefy it.