Tasty food. Safer food.

Delicious recipes for people with swallowing difficulties
Dear reader,

As a chef with 16 years experience working in various NHS hospitals in the UK, I have an extensive background in catering for different patient groups and their unique dietary needs. I have also worked at the Marie Curie Hospice and St Oswalds Hospice (UK).

**Dysphagia is my particular focus area, and I now spend a large part of my time teaching people how to cater for patients with swallowing difficulties as well as making meals higher in protein and energy to meet their raised nutritional needs.**

Dysphagia is a common condition that affects many patient types, especially those people suffering from stroke, dementia, Parkinson’s disease, multiple sclerosis, head & neck resections and tumours. When preparing food for patients suffering with dysphagia, safety is my priority.

I understand that once food texture has to be modified, eating can become a challenge or even tedious, making it more difficult to meet the body’s needs during the day. Therefore, undernourishment and dehydration are quite common among patients with dysphagia.

To keep up your strength, **it is important to consume well balanced and complete meals** to provide you with all the energy you need, and consume sufficient liquids to keep your body hydrated.

For this recipe book, I have used all fresh and natural ingredients to create appetising recipes specifically suited to the needs of patients with swallowing difficulties. All recipes in the book are thickened with Nutilis Powder, a food and fluid thickener which ensures you achieve the consistency and texture of food and drinks prescribed for you by your healthcare professional, to enable a safer swallow. Other thickening powders should not be substituted and used in these recipes, since their mixing characteristics vary from Nutilis Powder. By using only Nutilis Powder with these recipes, you are assured of achieving the correct consistency every time.

Throughout this recipe book, I will show you my tips and tricks for presenting these texture modified meals in the most appealing way, using piping and scooping techniques as well as special food moulds.

This book contains a selection of delicious recipes specifically designed for patients with dysphagia that can be easily prepared at home. I hope you enjoy these recipes as much as I enjoyed creating them.

Neil Palliser – Bosomworth
**Introduction**

**About Nutricia**

Nutricia is the largest specialist medical nutrition company in Europe and specialises in the provision of advanced medical nutrition to assist people recovering from illness. We offer high quality feeds, systems and support services to patients, carers and healthcare professionals. In partnership with doctors, healthcare professionals and caregivers, we aim to make a difference in people’s lives by assisting them to get back on their feet after illness or surgery.

**Nutricia** provides products for individuals who need nutritional support as a result of illness, injury, surgery or age. We also provide products that assist the day-to-day dietary management of specific conditions, such as cows’ milk allergy, swallowing problems, PKU and epilepsy.

All **Nutilis** products are made by **Nutricia** and are specifically designed for the dietary management of patients with dysphagia and swallowing difficulties.

**Nutricia** is a specialised medical division of the international food company **Danone**.

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**Nutilis**

The **Nutilis** range offers products to thicken foods and drinks. All **Nutilis** products have amylase resistant features which means they remain at the prescribed consistency when being swallowed.

**Nutilis Powder**

- Thickens any food or drink – hot or cold
- Suitable for freezing, thawing and reheating
- Easy to use
- Available in a 300g tin, 670g catering size tin and 12g sachets (20 per box).

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To find out more about Nutricia or our products, please visit

**www.nutricia.ie**

**www.nutricia.co.uk**
What is dysphagia?
Dysphagia is the medical term used to describe swallowing difficulties. With dysphagia, you may experience difficulties in swallowing foods and drinks. Dysphagia is not a medical condition in itself but results from a common condition in many patient types, such as stroke, dementia, Parkinson’s disease, multiple sclerosis, head & neck resections and tumours.

How does it happen?
The mouth and tongue play a vital role in the swallowing process. If the muscles in the mouth or tongue become weaker or uncoordinated, there is a risk that food or drink that is swallowed may end up in the lungs rather than the stomach. This can have serious health consequences.

How can dysphagia be managed?
Speech and Language Therapists are trained to assess and treat swallowing difficulties. A Speech and Language Therapist may recommend a change in the consistencies of food and liquids. Smooth, puréed or texture modified foods and thickened drinks are often easier to control in the mouth and may assist the swallowing process.

Drinks
- You may need your drinks thickened to a certain consistency suitable for you (e.g. syrup, custard).
- Thickened drinks move more slowly in the mouth and throat. This gives you more time to swallow them safely and easily.

Food
- You may be advised to eat soft or puréed food, which is easier to swallow and may not require chewing.
- Certain foods are difficult to swallow. You may have to avoid foods such as brown bread, nuts, crumbly biscuits etc.
Avoiding high risk foods

Some foods can be particularly difficult to chew, move in the mouth and swallow safely. Some will need extra care, others should be avoided altogether. Your Speech and Language Therapist or Dietitian will advise you.

Below is a list of the types of food that may be difficult to eat:

- Stringy, fibrous texture e.g. pineapple, celery, runner beans, lettuce
- Vegetable and fruit skins e.g. broad beans, baked beans, soya beans, peas, grapes
- Mixed consistency foods e.g. soup with lumps, stewed fruit, mince with thin gravy, cereals which do not blend with milk e.g. muesli
- Crunchy foods e.g. toast, flaky pastry, crisps
- Crumbly items e.g. pie crusts, crumble, dry biscuits
- Hard foods e.g. boiled and chewy sweets and toffees, nuts and seeds
- Husks e.g. sweetcorn and granary bread.

**NOTE:** Ice-cream and jelly are not suitable desserts as they melt to a thin liquid in the mouth. If you need thickened food and fluids, these are not advisable.
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Cooking Equipment & Utensils

Blender
Measuring jug
Mixing bowls
Moulds*
Piping bag
Ice cube trays
Scoop
Shaker*
Sieve
Measuring spoons
Whisk

* Available from Nutricia Medical

For further information or support materials please contact our customer service team on Freephone 1800 923 404 (ROI) 0800 7834379 (NI) or contact us by email at support.ireland@nutricia.com
Preparation Tips

Tip from the chef:
When preparing meals with more than one component (e.g. meat, potatoes and carrots), purée the foods separately and put them on the plate separately. This means that the flavour and the colour of the individual foods are maintained much as they are in a normal meal. Food can even be shaped using special food moulds so that it more closely resembles the original ingredient (see previous page).

Foods and drinks thickened with Nutilis Powder can be chilled, frozen and reheated. Many people find it easy to make batches of food they eat relatively often and freeze the extra portions for later use (if you freeze the food in ice cube trays, it allows easy control of portions as you need only defrost and reheat as many cubes as you need for each meal).

Bread and other foods made with grain, such as biscuits and cakes, are a particular problem for patients with dysphagia. The granular structure of these foods means that they are extremely hard to swallow. Using Nutilis Powder soaking solutions can help you achieve a smooth texture with these foods.

Soaking Solution

- 200ml liquid (e.g. milk, fruit juice, stock)
- 1 scoop of Nutilis Powder

Method
1. Place liquid into a bowl, add Nutilis Powder and whisk thoroughly.
2. Use immediately and do not allow soaking solution to thicken before adding food.
3. Dip food in soaking solution to thicken for 1 minute and place on a plate.
4. Cover and refrigerate for 1½ - 2 hours before serving.
Instant Honey Porridge

Ingredients (for 1 serving)

- 20g instant porridge oats or fine rolled oats
- 120ml milk
- 20ml cream
- Clear honey, to serve
- A pinch of salt
- 1 scoop of Nutilis Powder

Nutritional intake per serving:

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<table>
<thead>
<tr>
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<tbody>
<tr>
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<tr>
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</tr>
<tr>
<td>Fat</td>
<td>7g</td>
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Method

1. Put the oats in a saucepan, pour in milk and sprinkle in a pinch of salt.
2. Bring to the boil and simmer for 1 minute, stirring from time to time and watching carefully that it doesn’t stick to the bottom of the pan.
   Alternatively, you can try this in a microwave. Mix the oats, milk and a pinch of salt in a large microwave-proof bowl, then microwave on high for 1½ minutes, stirring halfway through.
3. Add cream into the mixture and blend until smooth.
4. Add Nutilis Powder and blend for 10 seconds.
5. Pour into a bowl and drizzle with honey to serve.
Chocolate and Coffee Frappuccino

Ingredients (for 1 serving)
- 50ml cold coffee
- 75ml cold chocolate drink (made with milk)
- 1 scoop ice cream
- 50g whipped cream or whipped cream from a can
- 3 scoops of Nutilis Powder

Method
1. Place coffee, ice cream and chocolate drink in blender and mix until smooth.
2. Add 3 scoops of Nutilis Powder and blend for 10 seconds.
3. Pour into a glass and pipe the whipped cream on top.

Nutritional intake per serving:
- Energy: 280kcal
- Carbohydrate: 26g
- Protein: 4.4g
- Fat: 18g

Tea / Coffee

Ingredients (for 1 serving)
- 200ml tea / coffee, with or without milk
- Sugar, as desired
- Nutilis Powder (amount dependent on grade required)

Method
1. Place tea / coffee with milk and sugar as required into a large mug.
2. Leave to cool slightly then add required amount of Nutilis Powder.
3. Mix with a fork or small whisk.
4. If desired or needed, drinks may be heated in the microwave after the addition of Nutilis Powder. If reheating thickened hot drinks please ensure they are reheated immediately after thickening.
5. For more information about thickening drinks with Nutilis Powder, please refer to the Nutilis Mixing Guide.
Scrambled Eggs

Ingredients (for 1 serving)
- 2 eggs
- 80ml milk
- Salt
- Freshly ground pepper
- 2 scoops of Nutilis Powder

Method
1. Mix 2 eggs, salt, pepper and 30ml milk in a small microwave-safe bowl.
2. Stir thoroughly and microwave for 1 - 1½ minutes at medium power.
3. Stir again until well mixed and microwave again 30 seconds at a time until desired texture is obtained.
4. Mix well between cooking and take care not to overcook.
5. Place the mixture in the blender with 50ml milk and blend until smooth.
6. Whisk in Nutilis Powder and serve!

Tip from the chef:
- Add 25g of grated cheese to the eggs as they are cooking.
- Fry a handful of finely chopped onion in the butter before adding the beaten eggs.
- Fry some chopped onions, mushrooms and ham in the butter before adding the eggs.

Nutritional intake per serving:
- Energy: 232kcal
- Carbohydrate: 11.6g
- Protein: 14.9g
- Fat: 14g
Full Breakfast

Ingredients (for 1 serving)
• 100g sausage (see recipe on page 32)
• 50g scrambled egg (see recipe on page 12)
• 50ml tomato juice
• 1 scoop Nutilis Powder

Method
1. Put sausage and scrambled egg onto the plate (you can use food moulds or just pipe them onto the plate).
2. Place the tomato juice into a bowl, add Nutilis Powder, whisk and leave to stand for 90 seconds (you can use food moulds or just pipe the tomato directly onto the plate).

Nutritional intake per serving:
- Energy: 325kcal
- Carbohydrate: 24.4g
- Protein: 13.6g
- Fat: 19.5g
**Fruit Granola**

**Ingredients (for 1 serving)**
- 100ml apple juice
- 100ml vanilla yogurt
- 5g instant porridge oats or fine rolled porridge oats
- 3 tsp maple syrup
- 50g tinned fruits (no seeds)
- 2 scoops of Nutilis Powder

**Method**
1. Place juice, yogurt, oats and tinned fruit in the blender and blend until smooth.
2. Add 2 scoops of Nutilis Powder and blend again for a few seconds.
3. Pour the mixture into a bowl and pour maple syrup on top.

**Tip from the chef:**
You can add thickened puréed fruit on the top for additional flavours. See page 38 for more information on preparing puréed fruits.

**Nutritional intake per serving:**
- Energy: 223kcal
- Carbohydrate: 38g
- Protein: 4.4g
- Fat: 3.2g
## Smoothies

### Ingredients (for 1 serving)

#### Basic Smoothie
- 100ml flavoured yogurt of your choice
- 75g fruit of your choice
- 50ml fruit juice or milk
- 2 scoops Nutilis Powder

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<td>33.4g</td>
<td>5.2g</td>
<td>4.4g</td>
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#### Strawberry and Banana Smoothie
- ½ small banana, broken into chunks
- 50ml milk
- 2 scoops Nutilis Powder
- 50g frozen strawberries
- 100ml vanilla yogurt

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<tr>
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#### Mango and Honey
- 100g tinned or fresh mango (if using fresh mango peel skin and cut flesh from stone)
- 100ml whole yogurt
- 1 tsp clear honey to sweeten
- 50ml milk
- 2 scoops Nutilis Powder

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<td>4.6g</td>
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#### Banana, Orange and Ginger Smoothie
- ½ peeled banana
- 100ml vanilla yogurt or pouring yogurt
- ½ tsp ground ginger (to taste)
- 2 scoops Nutilis Powder
- 50ml orange juice

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<tr>
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Cantaloupe Frenzy

- 100g cantaloupe (peeled, seeded and cubed)
- 1 tsp light brown soft sugar, or to taste
- 100ml yogurt
- 20ml apple juice
- 1 scoop Nutilis Powder

Method

1. Place all ingredients except Nutilis Powder into blender and blend until smooth.
2. If your smoothie has lumps or seeds please sieve before thickening.
3. Then add Nutilis Powder and blend for 10 seconds.
4. Pour into a glass and serve.
Sandwiches

Ingredients (for 1 serving)
- 150ml water or vegetable stock
- 1 slice of bread with the crust removed
- 1 scoop of Nutilis Powder

Method
1. Pour water or vegetable stock into a bowl, add Nutilis Powder and whisk thoroughly.
2. Place a 1cm thick slice of bread into the bowl.
3. Turn bread over after 30 seconds and leave for another 30 seconds.
4. Place bread on a plate and then add a smooth filling of your choice.
5. Cover and refrigerate for two hours.

Nutritional intake per serving:
- Energy: 113kcal
- Carbohydrate: 3.3g
- Protein: 23g
- Fat: 1g

Tip from the chef:
A thickened filling can finish off your sandwich!

Remember: Always remove the crust from bread and avoid breads with husks or seeds.
Sandwich Fillings

Ingredients (for 1 serving)

Cream Cheese
• 50g cream cheese
• 2 tsp milk

Energy: 222kcal  Carbohydrate: 0.2g
Protein: 1.7g  Fat: 23.9g

Tuna and Mayonnaise
• 50g tinned tuna
• 50g mayonnaise
• 50ml milk
• 1 scoop of Nutilis Powder

Energy: 439kcal  Carbohydrate: 6.8g
Protein: 13.6g  Fat: 39.7g

Ham and Pineapple
• 50g cooked chopped ham
• 100ml pineapple juice
• 1 scoop of Nutilis Powder

Energy: 112kcal  Carbohydrate: 14.9g
Protein: 9.5g  Fat: 1.7g

Egg Mayonnaise
• 1 hard boiled egg with shell removed
• 2 tbsp mayonnaise
• 75ml milk
• 1 scoop of Nutilis Powder

Energy: 248kcal  Carbohydrate: 6.8g
Protein: 8.1g  Fat: 21g

Method
1. Blend all ingredients together until smooth.
2. Whisk in the Nutilis Powder and then spread over the soaked bread.
3. Cover and refrigerate for two hours.

Nutritional intake for an Egg Mayonnaise Open Sandwich:

Energy: 361kcal
Carbohydrate: 30g
Protein: 11.4g
Fat: 22g
## Salads

### Ingredients (for 1 serving)

#### Avocado & Cream Cheese
- ½ avocado pear peeled and chopped
- 30g cream cheese
- 30g mayonnaise
- 50ml milk
- 2 scoops of **Nutilis Powder**

Energy: 469kcal  
Protein: 3g  
Carbohydrate: 11g  
Fat: 46g

#### Tuna or Salmon
- 75g tin salmon or tuna
- 50g mayonnaise
- 40ml milk
- 2 scoops of **Nutilis Powder**

*Note: make sure there are no bones in the fish*

Energy: 476kcal  
Protein: 19.3g  
Carbohydrate: 11g  
Fat: 39.6g

#### Potato Salad
- 100g potato salad
- 50ml milk or water
- 20g mayonnaise
- 2 scoops of **Nutilis Powder**

Energy: 268kcal  
Protein: 3g  
Carbohydrate: 27g  
Fat: 16.4g

#### Beetroot Salad
- 130g cooked beetroot
- 100ml milk
- 20g mayonnaise
- 2 to 3 scoops of **Nutilis Powder**

Energy: 304kcal  
Protein: 6g  
Carbohydrate: 29g  
Fat: 18g
Salads

Ingredients (for 1 serving)

Coleslaw Salad
- 50g coleslaw salad
- 24g mayonnaise
- 50ml milk
- 2 scoops of Nutilis Powder

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<th>Protein (g)</th>
<th>Fat (g)</th>
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<tbody>
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<td>16.6</td>
<td>2</td>
<td>33</td>
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Cucumber with Mint Salad
- 100g peeled cucumber
- 50ml water
- 2 scoops of Nutilis Powder
- 20g natural yogurt
- 1 tsp mint sauce

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<th>Protein (g)</th>
<th>Fat (g)</th>
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<tbody>
<tr>
<td>67</td>
<td>12</td>
<td>2.4</td>
<td>1</td>
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</table>

Lettuce Salad
- 50g lettuce
- 50ml natural yogurt
- 2 scoops of Nutilis Powder
- 50ml warm water
- Pinch of salt

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<th>Carbohydrate (g)</th>
<th>Protein (g)</th>
<th>Fat (g)</th>
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<tbody>
<tr>
<td>65</td>
<td>11.5</td>
<td>2.1</td>
<td>1.2</td>
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Method (for 1 serving)
1. Place all ingredients except the Nutilis Powder in a blender and blend until smooth.
2. Add in the Nutilis Powder and blend for another 30 seconds.
3. You can use fruit, fish or sausage moulds to shape the salads. Alternatively use an ice cream scoop or piping bag to display the food on the plate.
Vegetable Soup

Ingredients (for 1-2 servings)

- 150g of your favourite mixed root vegetables (carrots, leek, onion, parsnip, potato, swede, turnip, sweet potato and anything else you think will work well)
- 5g butter or margarine
- 2g puréed garlic
- Salt and pepper (to taste)
- 150ml vegetable stock
- 2 scoops of Nutilis Powder

Method

1. Wash and prepare the vegetables, trimming and peeling where necessary, and then chop them all.
2. Heat the butter or margarine in a large pan and add in the vegetables, garlic and a little salt and pepper (to taste).
3. Stir the mixture well and cover with a pan lid for 15 minutes over a hot hob, stir occasionally.
4. Add the stock, bring to the boil, then cover the mixture and allow it to simmer for 30 minutes – this time can be altered, just make sure the vegetables end up perfectly soft.
5. Put this mixture in the blender and blend until a soup consistency is reached.
6. Whisk or blend Nutilis Powder into the soup.
7. Taste your soup and add salt and pepper to your liking – it’s ready to dish up!

Nutritional intake per serving:

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<th>Nutrient</th>
<th>Amount</th>
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<tbody>
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<tr>
<td>Carbohydrate</td>
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<tr>
<td>Protein</td>
<td>2.3g</td>
</tr>
<tr>
<td>Fat</td>
<td>5g</td>
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</table>
Mushroom Soup

**Ingredients (for 1-2 servings)**
- 150g mushrooms
- 10g butter
- 5g puréed garlic
- 1 medium onion, chopped
- 200ml hot chicken or vegetable stock
- 20ml cream
- 2 scoops of **Nutilis Powder**
- Salt and freshly ground black pepper to taste

**Nutritional intake per serving:**
- Energy: 151kcal
- Carbohydrate: 11g
- Protein: 3.3g
- Fat: 10.6g

**Method**

1. Heat the butter in a medium sized pan and cook the garlic and onions until they’re soft but not browned.
2. Add mushrooms, and cook over a high heat for 3 minutes while stirring constantly.
3. Pour in the hot chicken or vegetable stock and bring to the boil. Simmer for 10 minutes, then add cream.
4. Place the soup mixture into the blender and add salt and pepper. Blend well until smooth; it may be necessary to do this in two batches.
5. Whisk or blend **Nutilis Powder** into the soup to thicken.
6. Then reheat in the microwave or pan to serve.
Tomato and Red Pepper Soup

**Ingredients (for 1-2 servings)**

- 1 tbsp olive oil
- 2g puréed garlic
- 100g passata (or you can use a tin of chopped tomatoes which you have to put through a sieve)
- 1 tbsp tomato purée
- 2 tsp vinegar
- 15g chopped onions
- 20g chopped red pepper
- 100ml vegetable stock
- 30ml cream
- 3 scoops of **Nutilis Powder**

**Method**

1. Place oil in a small pan and add in the garlic, chopped onion and pepper.
2. Allow to cook gently for 5 minutes but do not brown.
3. Then add the tomato passata / tinned tomatoes into the pan, along with the tomato purée, 100ml vegetable stock and vinegar and simmer for 15 minutes.
4. Add cream and blend until smooth.
5. Whisk or blend **Nutilis Powder** into the soup to thicken.
6. Then reheat in the microwave or pan to serve.

**Nutritional intake per serving:**

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<tbody>
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<td>Protein</td>
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<tr>
<td>Fat</td>
<td>6.1g</td>
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Sweet Potato and Butternut Squash Soup

Ingredients (for 1-2 servings)
• 75g sweet potato (skinned and cubed)
• 50g butternut squash (skinned and cubed)
• ½ medium sized potato (peeled and cubed)
• 200ml vegetable stock
• Sea salt and black pepper
• Olive oil
• Plain yogurt or cream
• 2 scoops of Nutilis Powder

Method
1. Sweat the butternut squash, sweet potato and potato in olive oil in a deep edged pan for 5 minutes.
2. Add the vegetable stock and simmer covered until the vegetables are soft.
3. Liquidise everything until smooth.
4. Whisk or blend Nutilis Powder into the soup to thicken.
5. Then reheat in the microwave or pan to serve.
6. Swirl a spoonful of natural yogurt or cream on top.

Nutritional intake per serving:
Energy: 170kcal
Carbohydrate: 30g
Protein: 2.1g
Fat: 4.5g
Chicken Noodle Soup

Ingredients (for 1-2 servings)
- 200ml chicken or vegetable stock (or miso soup mix)
- 60g chopped chicken breast, skinless
- 1 tsp ground ginger
- 6g finely chopped garlic
- 50g rice or wheat noodles
- 30g chopped mushrooms, thinly sliced
- 2 tsp soy sauce, plus extra for serving
- Shredded chilli
- 2 scoops of Nutilis Powder

Method
1. Pour the stock into a pan and add chicken, ginger and garlic.
2. Bring to the boil, then reduce the heat, partly cover and simmer for 20 minutes until the chicken is tender.
3. Add in the noodles, mushrooms, and soy sauce.
4. Simmer for 3-4 minutes until the noodles are very soft.
5. Place everything in the blender and blend until smooth.
6. Whisk or blend Nutilis Powder into the soup to thicken.
7. Then reheat in the microwave or pan to serve.

Nutritional intake per serving:
- Energy: 140kcal
- Carbohydrate: 15.9g
- Protein: 16.5g
- Fat: 1.1g
Carrot and Coriander Soup

Ingredients (for 1-2 servings)
• 1 tbsp olive oil
• 50g onion, chopped
• ½ small bunch of chopped coriander
• 50g potato, peeled and chopped
• 75g carrots, peeled and chopped
• 200ml vegetable or chicken stock
• 2 scoops of Nutilis Powder

Method
1. Heat the oil in a large pan, add the onion and fry for 5 minutes until softened.
2. Stir in the chopped coriander and potato then cook for 4 minutes.
3. Add the carrots and stock. Bring to the boil and then reduce the heat.
4. Cover the pan and cook for 20 minutes until the carrots are tender.
5. Pour the soup into a blender with the coriander and blend until smooth (you may need to do this in two batches).
6. Return to the pan, taste, and add salt if necessary.
7. Whisk or blend Nutilis Powder into the soup to thicken.
8. Then reheat in the microwave or pan to serve.

Nutritional intake per serving:
- Energy: 157kcal
- Carbohydrate: 25g
- Protein: 1.9g
- Fat: 5.4g
Salmon

Ingredients (for 2 servings)
- 100ml water
- 15ml dry white wine or dry vermouth
- 30g onion, sliced
- ½ lemon, sliced
- 1½ tsp salt
- Salt and pepper
- 2 sprigs dill or ½ tsp dry dill weed (no stems)
- 2 sprigs parsley (no stems)
- 100g boneless and skinless salmon steaks
- 25ml cream
- 3 scoops of Nutilis Powder

Method
1. Combine water, wine, onion, lemon, salt, pepper, dill and parsley in a large saucepan.
2. Heat until it reaches boiling point. Reduce heat, cover and simmer for 10 minutes.
3. Add the salmon steaks, cover and simmer gently for 5 minutes (a little longer for steaks thicker than ½ inch), or until fish flakes easily with a fork.
4. Add cream to the mixture and blend until smooth.
5. Whisk or blend Nutilis Powder into the mixture to thicken.

Nutritional intake per serving:
- Energy: 146kcal
- Carbohydrate: 9.5g
- Protein: 10.6g
- Fat: 7.3g
Fish in Cheese Sauce

Ingredients (for 2 servings)
- 150ml milk
- 30g finely chopped onion
- 100g boneless fish (white fish like cod is ideal)
- 10g butter
- 30g grated cheese
- 2 tsp lemon juice
- 3 scoops of Nutilis Powder

Nutritional intake per serving:
- Energy: 221kcal
- Carbohydrate: 10.5g
- Protein: 16.7g
- Fat: 12.5g

Method
1. Place milk, fish, butter, onion and lemon juice into a saucepan.
2. Poach fish in boiling water until soft; this takes about 10 minutes. Be careful not to boil.
3. Place the mixture into the blender, add cheese and blend until smooth.
4. Add Nutilis Powder and blend for 10 seconds.

Tip from the chef:
Place the fish in a small dish and then pipe lump-free mashed potato on to the top. Heat in a microwave for 30 seconds for a lovely fish pie.
Pasta

Ingredients (for 2 servings)

- 75g hot overcooked pasta
- 100ml hot water
- 25ml cream
- 20g cheese
- 3 scoops of Nutilis Powder

Method

1. Cook the pasta in boiling water as per pack instructions and overcook it slightly so it is soft.
2. Put pasta into the blender, add water, cream and cheese and blend until smooth.
3. Whisk or blend Nutilis Powder into the mixture and let it stand for 90 seconds.
4. Pipe or spread it into the shape you need.

Tip from the chef:

To make different pasta flavours add sundried tomato purée, pesto, Parmesan cheese or smoked purée ham and blend with the pasta.
Minced Beef or Bolognese Sauce

Ingredients (for 2 servings)
- ½ tbsp sunflower oil
- 30g onion (chopped)
- 30g carrots (chopped)
- 100g minced beef
- 1 tbsp tomato purée
- Large splash Worcestershire sauce
- 200ml beef stock
- 3 scoops of Nutilis Powder

Method
1. Heat the oil in a medium saucepan, and soften the onion and carrots for a few minutes.
2. When soft, turn up the heat and crumble in the beef. Brown the beef, tipping off any excess fat. Add the tomato purée and Worcestershire sauce and fry for a few minutes.
3. Pour over the stock, bring to a simmer, then cover and cook for 40 minutes, uncovering halfway.
4. Place the mixture into the blender and blend until smooth.
5. Whisk in Nutilis Powder to thicken.

Nutritional intake per serving:
- Energy: 177kcal
- Carbohydrate: 9.6g
- Protein: 10.5g
- Fat: 10.7g

Tip from the chef:
Put puréed minced beef in an oven proof dish. Then pipe smooth instant mashed potato on top for a great cottage pie.
You can also use this recipe to make bolognese by adding 75g passata, some Italian herbs and ½ clove of garlic.
Lasagne

Ingredients (for 2 servings)

- 100g puréed cooked bolognese sauce (see page 30)
- 100g puréed pasta warm (see page 29)
- 10g finely grated Parmesan cheese

Method

1. Pipe the puréed meat on to a plate into a 6cm by 6cm square. Alternatively use a small square oven dish.
2. Then continue the layering. Pipe pasta on the meat, then add another layer of meat and finish with a layer of pasta topped with Parmesan cheese.

Nutritional intake per serving:
- Energy: 450kcal
- Carbohydrate: 39g
- Protein: 20g
- Fat: 28g
Sausage and Onions

Ingredients (for 2 servings)
• 100g sausage meat or skinned uncooked sausage
• 50g onions
• 100ml water
• 1 tsp gravy browning
• 1 tsp chopped sage
• 3 scoops of Nutilis Powder

Method
1. Put the sausage, onions, water and sage into a pan and cook for 10 minutes.
2. Add the gravy browning and blend until smooth.
3. Add Nutilis Powder to thicken.
4. Place the mixture into a sausage food mould or pipe on the plate.

Nutritional intake per serving:
- Energy: 194kcal
- Carbohydrate: 13g
- Protein: 7.1g
- Fat: 12.6g

Tip from the chef:
When blending your sausage you could add tomato sauce, brown sauce or mustard sauce to create different flavoers.
Ratatouille

Ingredients (for 2 servings)
- 50g aubergine
- 50g courgette
- 40g red or yellow pepper
- 2 tbsp olive oil
- 200ml passata or tinned tomatoes passed through a sieve
- Small bunch of basil (no stems)
- 1 small onion, peeled and thinly sliced
- 30g mushrooms
- ½ garlic clove peeled and crushed
- 1 tbsp red wine vinegar
- 4 scoops of Nutilis Powder

Nutritional intake per serving:
- Energy: 92kcal
- Carbohydrate: 11.8g
- Protein: 2.4g
- Fat: 3.9g

Method
1. Heat oil in a large casserole dish and sweat the onions and garlic for 10 minutes on a low heat with the lid on.
2. Add peppers, aubergines and courgettes. Season with salt and pepper, stir and cook for a further 20 minutes with the lid on.
3. Pour in the passata or tinned tomatoes and wine, stir and check the seasoning. Cook for a further 5 minutes without the lid.
4. Stir in the basil.
5. When cooked, blend until smooth and whisk in Nutilis Powder.

Tip from the chef:
You can serve this with pasta or smooth mashed potato on top.
Cannelloni

Ingredients (for 2 servings)
• 100g puréed pasta (recipe on page 29)
• 100g puréed Ratatouille (recipe on page 33)
• 50g puréed spinach

Method
1. Spread out a 20cm piece of cling film on your worktop.
2. Using a food piping bag, spread a 10cm by 8cm strip of puréed pasta.
3. Then using another food piping bag, spread the puréed spinach on top.
4. Place a 4cm strip of puréed ratatouille strip down the middle of the pasta.
5. Then lift the side of the cling film and roll into a sausage shape.
6. Pull the cling film back and slice into 2cm slices to serve.

Nutritional intake per serving:
- Energy: 186kcal
- Carbohydrate: 20g
- Protein: 5g
- Fat: 5.5g
Chicken

Ingredients (for 2 servings)

- 100g diced chicken
- 1 small onion (chopped)
- 100ml chicken stock
- ½ chopped leek
- 1 tbsp gravy browning
- 3 scoops of Nutilis Powder
- 1 tsp oil

Method

1. Place diced chicken, chopped leeks, onion and chicken stock with oil in a pan and cook for 15 minutes.
2. When cooked, add gravy browning and blend until smooth.
3. Thicken with Nutilis Powder and then use the chicken mould for presentation.

Tip from the chef:

When the chicken is cooking in the pan you may add tomato purée, curry powder, wine, sweet and sour sauce, herbs, other vegetables or cream to give more flavour. Dishes you could create include chicken curry or cream of chicken with mushroom.

Nutritional intake per serving:

- Energy: 126kcal
- Carbohydrate: 8.1g
- Protein: 15.7g
- Fat: 3.5g
Vegetables

**Ingredients (for 1 serving)**

**Carrots, Turnips and Parsnips**
- 60g cooked, soft vegetables
- 3g butter
- 1 tsp milk powder
- 60ml warm water or the juice the vegetables were cooked in
- 1-2 scoops of Nutilis Powder

**Broccoli, Cauliflower, Spinach and Cabbage**
- 60g boiled or steamed vegetables
- 3g butter
- 1-2 scoops of Nutilis Powder
- 50ml vegetable stock or water
- 1 tsp milk powder

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**Method (for 1 serving)**

1. Place vegetables, butter and milk powder in a blender and blend until smooth.
2. Add recommended scoops of Nutilis Powder into mixture and blend for 10 seconds.
3. Let stand for 90 seconds and use an ice-cream scoop to serve or use vegetable moulds.

Tip from the chef:
For increased variety and calories add 30g of grated cheese to create cauliflower or broccoli cheese.
Peas and Green Beans

Ingredients (for 1 serving)
- 60g cooked vegetables
- 3g butter
- 1 tsp milk powder
- 60ml warm water or the juice the vegetables were cooked in
- 2 scoops of Nutilis Powder

Method (for 1 serving)
1. Place vegetables, butter and milk powder in a blender and blend until smooth.
2. Place through a sieve to remove all lumps, skins etc.
3. Add 2 scoops of Nutilis Powder into the mixture and blend for 10 seconds.
4. Leave to stand for 90 seconds and use an ice-cream scoop to serve or use a suitable vegetable mould.

Nutritional intake per serving:
- Green Beans:  Energy: 82kcal  Carbohydrate: 13g  Protein: 2g  Fat: 2.6g
- Peas:  Energy: 115kcal  Carbohydrate: 16g  Protein: 5g  Fat: 3.5g

Remember: All these vegetables must be passed through a sieve before thickening.
Puréed Fruits

This recipe for puréed fruits will be used throughout the desserts section. The best fruits to blend are tinned pears, peaches, apples, mandarins, oranges, mangoes, rhubarb and papaya.

Ingredients (for 1 serving)

- 60g tinned fruits
- 50ml fruit juice
- 2 scoops of Nutilis Powder

Method

1. Place all ingredients except Nutilis Powder in a blender and blend until smooth.
2. Add Nutilis Powder and blend for another 10 seconds.

Nutritional intake per serving:

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Fruit Fool

Ingredients (for 1 serving)
• 100ml whipped cream (double cream is best)
• 100ml thick custard
• 60g puréed thickened fruit
• 2 scoops of Nutilis Powder

Method
1. Blend fruits in a blender until smooth (recipe on previous page) then whisk in Nutilis Powder.
2. In a separate bowl whip the double cream until stiff and then add in custard.
3. Mix both mixtures together and then pipe into a bowl or tall glass to serve.

Tip from the chef:
The best fruit fools are apple and cinnamon or rhubarb and ginger. Just mix the spice into the puréed fruits for added flavour.

Nutritional intake per serving:
Energy: 370kcal
Carbohydrate: 25g
Protein: 3.5g
Fat: 29g
Irish Cream

Ingredients (for 1 serving)
• 30ml Irish Cream Liqueur
• 150g whipped cream (double cream is best)
• 1 tsp chocolate powder
• 1 scoop of Nutilis Powder

Method
1. Place all ingredients in a bowl and mix until thick using a hand or electric whisk.
2. Pipe into a bowl or glass and serve.

Tip from the chef:
You can replace the chocolate with a teaspoon of ground coffee for a different flavour!

Nutritional intake per serving:
Energy: 442kcal
Carbohydrate: 16g
Protein: 2g
Fat: 43.2g
**Mango Chill**

**Ingredients (for 1 serving)**
- 60g semi-defrosted mango (leave out of the freezer for 10 minutes before preparing)
- 150ml vanilla yogurt
- 20ml apple juice
- 2 scoops of Nutilis Powder

**Method**
1. Place all the ingredients in a blender and blend until smooth.
2. Use an ice cream scoop to serve.

**Nutritional intake per serving:**
- Energy: 224kcal
- Carbohydrate: 41.2g
- Protein: 5.7g
- Fat: 4g

**Tip from the chef:**
You can create other flavours for this dessert to your liking, for example apple, pear and peach.
Tiramisu

Ingredients (for 1 serving)

- 150ml cold coffee
- 1 slice of cake or 4 sponge fingers (trifle sponge)
- 20g Mascarpone cheese (or cream cheese)
- 100ml whipped cream
- 2 tsp drinking chocolate/cocoa powder
- 2 tbsp dark rum
- 1 scoop of Nutilis Powder

Method

1. Pour 150ml coffee and 1 tbsp of rum into a bowl.
2. Whisk in 1 scoop of Nutilis Powder.
3. Place a 1cm thick slice of cake into the soaking solution and leave for 30 seconds.
4. Whip the cream, rum, drinking chocolate and mascarpone / cream cheese together until stiff.
5. Spread ½ the cream mixture in a square shape on the plate.
6. Arrange the piece of cake or 4 sponge fingers in a square on top and then spread the rest of the mixture on top.
7. Sprinkle drinking chocolate powder on the top of the cream.
8. Place in the fridge for 1 hour to allow it to set.

Nutritional intake per serving:

- Energy: 607kcal
- Carbohydrate: 29.7g
- Protein: 4.6g
- Fat: 52.3g
Biscuits

Ingredients:
- Plain digestive or rich tea biscuits

Never use biscuits with cream filling or chocolate on top. Avoid biscuits with nuts, chocolate chips or any additions.

Method:
1. Prepare soaking solution using juice as outlined in the recipe on page 9.
2. Place biscuits into the soaking solution for about 30 seconds.
3. Place on a plate, cover and leave in the fridge for 2 hours until set.

Nutritional intake per serving:
- Energy: 119kcal
- Carbohydrate: 17g
- Protein: 1.4g
- Fat: 4.8g

Tip from the chef:
Use as a snack with some whipped cream on top!
Swiss Roll or Marble Cake

Ingredients (for 1 serving)
- 125ml orange juice
- 1 slice of cake
- 1 scoop of Nutilis Powder

Method:
1. Place the orange juice in a bowl and whisk in 1 scoop of Nutilis Powder.
2. Place a 1cm thick slice of cake into the soaking solution and leave for 30 seconds.
3. Place on to a plate, cover and refrigerate for 1 to 2 hours. The cake can be kept for up to 48 hours in the fridge.
4. Serve with whipped cream or thickened fruit purée (see page 38).

Nutritional intake per serving:
- Energy: 288kcal
- Carbohydrate: 46g
- Protein: 3g
- Fat: 10g

Tip from the chef:
Never use cake with fruits or nuts or icing. Avoid using the end of the cake or slices with thick crusts.
Sherry Trifle

Ingredients (for 1 serving)
- 125ml orange juice
- 1 tsp sherry, added to the orange juice soaking solution
- 1 slice cake
- 50ml cold custard
- 30g whipped cream
- 5g drinking chocolate/cocoa powder
- 2 scoops of Nutilis Powder

Method:
1. Place the 1cm thick slice of cake into a bowl with soaking solution (see page 9).
2. Turn over after 30 seconds.
3. Place the soaked cake on a plate and cover with custard.
4. Pipe whipped cream on top and sprinkle with chocolate powder to decorate.

Nutritional intake per serving:
- Energy: 419kcal
- Carbohydrate: 53g
- Protein: 4.2g
- Fat: 21g
Catering Tips

**Tip from the chef:**
If you are preparing more than one serving of thickened foods or preparing food in advance and freezing, you can use these portions for some of our more popular recipes. You can prepare the ingredients for any of our other recipes for multiple servings by multiplying the quantities.

**Ingredients (for 10 serving)**

**Scrambled Eggs**
- 20 eggs
- Salt
- Freshly ground pepper
- 300ml milk
- 500ml milk for second part
- 20 scoops of Nutilis Powder

For method and nutritional info please turn to page 12.

**Chicken**
- 500g diced chicken
- 5 small chopped onions
- 500ml chicken stock
- 150g leeks
- 5 tbsp gravy browning
- 15 scoops of Nutilis Powder

For method and nutritional info please turn to page 35.

**Minced Beef or Bolognese Sauce**
- 2 tbsp sunflower oil
- 150g onion (chopped)
- 150g carrots (chopped)
- 500g minced beef
- 5 tbsp tomato purée
- 5 large splashes Worcestershire sauce
- 1 litre beef stock
- 15 scoops of Nutilis Powder

For method and nutritional info please turn to page 30.

**Fish in Cheese Sauce**
- 750ml milk
- 150g finely chopped onion
- 500g boneless fish (white fish like cod is ideal)
- 50g butter
- 150g grated cheese
- 10 tsp lemon juice
- 15 scoops of Nutilis Powder

For method and nutritional info please turn to page 28.

**Sausage and Onions**
- 500g sausage meat or skinned uncooked sausage
- 250g onions
- 500ml water
- 5 tsp gravy powder
- 5 tsp chopped sage
- 15 scoops of Nutilis Powder

For method and nutritional info please turn to page 32.
Carrots, Turnips and Parsnips

- 600g cooked, soft vegetables
- 50g of butter
- 10 tsp milk powder
- 600ml warm water or the juice the vegetable were cooked in
- 20 scoops of Nutilis Powder

For method and nutritional info please turn to page 36.

Basic soaking solution for cake

- 1250ml fruit juice
- 10 slices of 1cm cake
- 10 scoops of Nutilis Powder

For method and nutritional info please turn to page 44.
Food Moulds

Metal or plastic food moulds can be used to improve the presentation of texture modified meals.

Using food moulds to prepare puréed meals

- Add required amount of Nutilis Powder to blended food and allow to stand for 60 seconds
- Spread puréed food into mould trays and remove the excess with a knife
- Cover each tray individually with cling film
- Chill hot food in the blast freezer or blast chiller
- Label each tray separately, stating:
  - Content of the mould
  - Date of preparation
  - Best before date (no more than three months)
  - Made by (name of person)

Freezing Instructions

- Place in the freezer until frozen
- Remove food from the moulds by turning upside down and pressing out the shape
Storage Instructions

- Place frozen food into clean freezer bags. Do not overfill
- Seal the freezer bags and label each separately, stating
  - Content of the mould
  - Date of preparation
  - Best before date *(no more than three months)*
  - Made by *(name of person)*
- Reseal bags after each use to avoid freezer burns
- In the event of freezer burns discard food
- Check regularly for damage to bags and discard expired items
- Do not re-use bags
- Ensure that good stock rotation takes place

Regeneration / Reheating

- Place frozen shape on a plate, cover and defrost in fridge for two to three hours
- Reheat in combi oven, steamer or microwave (650W for 1-1.5 minutes)
- Required cooking temperature needs to be at least 75°F in England and 83°F in Scotland (guidelines vary in different countries)

Cleaning Instructions

- To clean the moulds place them in hot water with detergent for 10-15 minutes. Wash them in a dishwasher and store in sealed plastic bags