

High Energy High Protein Recipes and Meal Ideas for Puree Diet (IDDSI Level 4) Minced & Moist Diet (IDDSI Level 5), and Soft & Bite Sized Diet (IDDSI Level 6)

Use this sheet if you are having trouble chewing and/or swallowing and need extra energy and protein in your diet.


Thing I can do to improve my Texture Modified Diet (to increase Energy and Protein):

1.
2.
3.

For help or more information, contact your Dietitian: _____

Recipes and Serving Suggestions

Enriched milk can be added to many recipes and food in place of milk. This will add protein and energy.

 Enriched Milk	<i>Per serve (250ml): 850 kJ, 10g protein</i>
Ingredients (makes 250mL)	Ingredients (makes 1 litre)
250mL (1cup) full cream milk 1 heaped tablespoon milk powder	1L full cream milk 4 heaped tablespoons milk powder
Method	
Add milk powder to fresh milk and whisk until dissolved.	
Use enriched milk in place of regular milk in recipes – sweet or savoury!	
<ul style="list-style-type: none"> To flavour milk drinks with Milo, Quik, Horlicks, malted milk powder, or coffee. To boost savoury dishes such as soup, mashed potato, creamy pasta, and white sauce, or with porridge or breakfast cereal. 	

Breakfast Recipes

Creamy Porridge	<i>Per serve: 1400 - 2000kJ, 9 - 12g protein</i>
Ingredients (serves 1)	
1/3 cup rolled oats 3/4 cup of enriched milk (or 1/2 cup milk & 1/4 cup pouring cream)	1 tablespoon honey (or sugar or maple syrup)
Method	
Stovetop: 1. Stir over a medium heat for approximately five to seven minutes. 2. Sweeten to taste with honey or sugar or maple syrup.	Microwave: 1. Combine ingredients in a microwave-safe bowl. 2. Cook on high for 1½ minutes, stir, and microwave for a further 1 minute. 3. Sweeten to taste with honey or sugar or maple syrup.
Suitable for minced moist and soft and bite sized diets. For pureed diets, cook first then blend until smooth.	
Weet-Bix with enriched milk or cream mixed to a smooth consistency is a suitable alternative for minced moist and soft and bite sized diets.	

Creamy Semolina	<i>Per serve: 900 kJ, 9.4g protein</i>
Ingredients (serves 1)	
1/4 cup semolina 1/2 cup of enriched milk + 1/4 cup water 3/4 teaspoon butter/margarine	1 tablespoon honey (or sugar or maple syrup)
Method	
Stovetop: 1. Combine milk, water and butter in saucepan over medium heat. Bring to boil 2. Remove from heat and pour in semolina in a steady stream, whisking to prevent lumps.	Microwave: 1. Combine ingredients in a microwave-safe bowl. 2. Cook on high for 1½ minutes, stir, and microwave for a further 1 minute. 3. Sweeten to taste with honey, sugar or maple syrup.



<p>3. Place saucepan back over medium heat and whisk until porridge comes to the boil. Reduce heat and cover.</p> <p>4. Cook until porridge thickens – approx. 20 mins.</p> <p>5. Stir in sugar, honey, or syrup.</p>	
Suitable for pureed , minced moist and soft and bite sized diets.	

Scrambled Eggs	<i>Per serve: 2900 kJ, 31g protein</i>
Ingredients (serves 1)	
<p>2 eggs</p> <p>2 – 4 tablespoons cream (or enriched milk)</p> <p>1 tablespoon butter</p>	<p>½ cup grated cheese</p> <p>Salt and pepper</p>
Method	
<p>Stovetop:</p> <p>1. Whisk together eggs and cream (more cream makes the dish softer).</p> <p>2. Melt butter in frying pan.</p> <p>3. Pour egg mixture into frying pan and cook for approximately 40 seconds or until egg sets, stirring regularly.</p> <p>4. Mix in cheese until melted. Add salt and pepper to taste.</p>	<p>Microwave:</p> <p>1. Crack two eggs into a microwave bowl and whisk with cream (more cream makes the dish softer).</p> <p>2. Cook for 60 seconds then whisk.</p> <p>3. Microwave for further 30 seconds to 60 seconds (depending on quantity of milk).</p> <p>4. Mix in cheese until melted. Add salt and pepper to taste</p>
For minced moist diets and pureed diets avoid added cheese. Mash egg for a minced moist and blend for a pureed diet.	

Main Meal Ideas and Recipes

- Many old favourites can be cut up (suitable for **soft and bite sized**), minced (suitable for **minced moist**) or pureed (for **pureed** diet), for example:
 - casseroles, hot pots or stews
 - shepherds pie, cottage pie
 - roast meats or corned beef
 - savoury mince
- For **minced moist diet**, try mashing macaroni cheese
- Defrosted frozen meals from the supermarket, home delivered meals and canned meals can also be mashed or pureed as required.
- Add cheese (melted in), enriched milk, cream, or milk powder to increase protein and energy.
- Avoid baby food, as this does not meet the nutritional needs of adults.
- When preparing meals try using herbs and spices, to add flavour to the dish.
- When pureeing or mincing, choose nourishing sauces/liquids such as cream or oil, rather than water or stock (as this will dilute nutrients).

Nourishing Sauce Ideas and Flavour Combinations

Chicken	avocado; mango; apricot; mustard and cream; mushroom and cream; coconut cream; satay sauce/peanut butter
Pork	apple sauce; pie apples; apple puree; coconut cream; plum sauce
Beef or Lamb	gravy (home-made or from gravy powder); apricot; tomato pasta sauce
Silverside	white sauce (made on enriched milk)
Mince	tomato pasta sauce; add kidney beans for chilli con carne
Fish	white sauce; tartare sauce; lemon butter; cream

 **ALERT:** Make sure all sauces are thickened or mixed into the dish to the correct consistency as instructed by your Speech Pathologist.

Ready-made sauces available from supermarkets can also be used:

- *Masterfoods* sauces in pouches e.g. – gravy, mushroom and white sauce, wholegrain mustard and honey, creamy white sauce, red wine and garlic, lemon pepper, cheese sauce and hollandaise.
- Simmer sauces – e.g. *Chicken Tonight*, Sweet and Sour (e.g. *KanTong*), Peri Peri (e.g. *Nandos*)
- Pasta sauces in jars or in fridge section – tomato or creamy style

Vegetables


- Puree with butter, oil, cheese sauce or sour cream.
- Choose more starchy options: potato, sweet potato, pumpkin, carrot, beans (eg baked beans, kidney beans, pinto beans, black beans, borlotti beans, soybeans).
- Avoid corn and peas as they don't puree well.
- For extra flavour, try different combinations. For example, tomato and basil, pumpkin with cinnamon or nutmeg, zucchini with chives, and, carrots with mint or honey.
- Mashed garlic, ginger or chilli can also be added for flavour variety.

Main Meal Recipes

Beef Casserole		<i>Per serve: 1100kJ, 31g protein</i>
Ingredients (serves 5)		
3 tablespoon oil 1 onion 2 cloves garlic 1 carrot, peeled and diced 600g beef, diced	100g diced bacon pieces 400g tin tomato 1 cup beef stock Paprika or herbs	
Method		
<ol style="list-style-type: none"> Heat oil in large frying pan, add onion, garlic, beef and bacon, cook until brown. Add all remaining ingredients, simmer uncovered for 1 – 2 hours. Puree with stick blender or in food processor. <i>For puree diet may also need to be put through a sieve.</i> Serve with mashed potato or sweet potato. 	<p>Tip: For minced-moist diets try serving mixed with couscous/polenta for variety.</p> <p>Tip: Replace beef with lamb or chicken for variety.</p> <p>Tip: Add legumes (eg. kidney beans) to increase the protein and fibre content. It will take longer to puree & may require extra liquid.</p>	


Chicken Curry		<i>Per serve: 3000kJ, 35g protein</i>
Ingredients (serves 4)		
1 tablespoon oil 4 chicken thigh fillets, chopped ¼ cup mild green curry paste	400ml can coconut cream 2 potatoes or 1 sweet potato, peeled and chopped	
Method		
<ol style="list-style-type: none"> Heat oil in large frying pan and add green curry paste. Cook for 1 minute. Add chicken and cook for 10 minutes (or until browned). Add potato. Stir in coconut cream and bring to the boil. Simmer uncovered for 20 minutes. Puree with a stick blender or in a food processor. <p><i>For pureed diets may also need to be put through a sieve.</i></p>	<p>Tip: Replace the chicken with beef, lamb or tofu and try different curry pastes to create new flavours.</p> <p>Note: Instant mashed potato can be used to save time. Mix in some extra cream and/or cheese.</p>	


Light Meals or Savoury Snack Recipes

Pumpkin & Bacon Soup 	<i>Per serve: 1400kJ, 23g protein</i>	
Ingredients (serves 4)		
100g bacon pieces, chopped 1 onion, finely chopped 500g pumpkin, peeled and chopped 2 cups chicken stock	1 cup grated tasty cheese 1 cup milk Salt and pepper	
Method		
<ol style="list-style-type: none"> 1. Cook bacon and onion in a saucepan for two minutes. Add pumpkin and stock. 2. Simmer uncovered for 15 minutes or until pumpkin is tender. 3. Puree with stick blender or in food processor until smooth. 4. Add cheese and milk (use extra milk/stock to achieve desired consistency). Add salt and pepper to taste. <p><i>Suitable for minced moist diet. For pureed diets blend until completely smooth, may also need to be put through a sieve.</i></p>		<p><i>Tip: Try replacing pumpkin with sweet potato for another flavour variation.</i></p>

Quiche	<i>Per serve: 1700kJ, 17g protein</i>	
Ingredients (serves 4)		
6 eggs ¼ cup oil 1 cup milk ½ cup plain yoghurt 1/3 cup self raising flour	1 tablespoon herb tube/paste – eg. basil, chives ½ cup grated cheese 1 tablespoon parmesan cheese Leftover pureed mashed vegetable Salt and pepper, to taste	
Method		
<ol style="list-style-type: none"> 1. Mix all ingredients in bowl. 2. Pour into greased oven dish. 3. Bake in moderate oven for 30 – 45 minutes. <p><i>For minced moist and pureed diets avoid crust/base (any dry pieces). For minced moist diet mash with a fork or potato masher until correct texture. For pureed diets blend until completely smooth, may also need to be put through a sieve.</i></p>		<p><i>Tip: Add puree pumpkin for extra flavour.</i></p>

Cheesy Beans	<i>Per serve: 1100kJ, 15g protein</i>
Ingredients (serves 1)	
200g can baked beans	¼ cup cheddar cheese, grated
Method	
<p>1. Heat baked beans in a pan or in the microwave until warm.</p> <p>2. Stir through grated cheese until it melts.</p> <p>For minced moist diet, mash with a fork or potato masher until correct texture.</p> <p>For pureed diets blend in food processor until smooth. May also need to be put through a sieve</p>	

Quick Soup 1 	<i>Per serve: 700 – 800kJ, 8 - 10g protein</i>
Ingredients (serves 1)	
400g can (or tub) soup (<i>choose smooth options or puree chunky styles</i>)	
4 tablespoons of milk powder	
Method	
<p>1. Heat soup as per directions on can or tub.</p> <p>2. Add milk powder 1 tablespoon at a time, stirring well.</p> <p><i>Blend until smooth if using chunky soups. For pureed diets also sieve soups, especially if contains corn or peas.</i></p>	






Quick Soup 2 	<i>Per serve: 700 – 800kJ, 8 - 10g protein</i>
Ingredients (serves 1)	
1 Cup-a-Soup sachet	
2 tablespoons of milk powder or neutral-flavour protein powder (eg. <i>Proform Neutral or Sustagen Neutral</i>)	
Method	
<p>1. Empty sachet into mug, fill with boiling water & stir.</p> <p>2. Add milk powder 1 tablespoon at a time, stirring well.</p> <p><i>Using a sieve remove any lumps/pieces to achieve smooth consistency.</i></p>	

Savoury Snack Food Ideas

- Hummus, guacamole (or other smooth dips), avocado (mashed)
- Cottage cheese or cream cheese - mix with sweet chilli sauce or avocado (blend until smooth for **pureed** diet)
- Flavoured cream cheese spreads
- Soft silken tofu (fridge section)– use in dips, sauces and smoothies
- Refried beans (available canned from supermarket)
- Tinned spaghetti (mash with a fork for minced-moist or blend until smooth for puree)

Tip: try a smaller portion of breakfast or main meal options for a snack.


Nourishing Desserts or Sweet Snack Ideas

- Custard 
- Ice Cream (*avoid nuts or hard pieces*) 
- Yoghurt or frozen yoghurt 
- Mousse
- Pannacotta, Crème Caramel
- Sustagen Instant Pudding
- Lemon butter (served with ice cream or cream) 
- Self saucing sponge or pudding (*remove any dry pieces/hard edges*) 
- Crème Brulee
- Chocolate Whip
- Fruit Flummery
- Blancmange
- Semolina Pudding
- Lemon Sago

 **ALERT: Make sure all sauces are thickened or mixed into the dish to the correct consistency as instructed by your Speech Pathologist.**

Dessert Recipes

Baked Custard	<i>Per serve: 1100kJ, 13g protein</i>	
Ingredients (serves 2)		
3 eggs 1 cup milk 3 tablespoons sugar	½ tsp vanilla ½ tsp nutmeg (if desired)	
Method		
<ol style="list-style-type: none"> Whisk eggs, milk, sugar and vanilla until the sugar is dissolved. Pour into a small baking tray and sprinkle with nutmeg, Place in water bath (ovenproof dish ½ filled with water). Turn on oven to 150°C and cook for 35 minutes. <p><i>For pureed diets remove top layer with nutmeg.</i></p>	<p>Tip: To create Chocolate Baked Custard, add ¼ cup of cocoa powder and 1 extra tablespoon of sugar to egg mixture.</p>	

Crustless Lemon Cheesecake 	<i>Per serve: 1700 kJ, 11g protein</i>	
Ingredients (serves 5)		
250 g cream cheese 400g tin condensed milk ½ cup lemon juice	Nutmeg or cinnamon (optional) Cream or ice cream (optional, to serve) Pureed fruit (optional, to serve)	
Method		
<ol style="list-style-type: none"> Beat cream cheese until smooth. Add condensed milk and lemon juice, beat until smooth. Pour into dish or individual moulds and sprinkle with nutmeg or cinnamon (if desired). Chill until firm. Serve with cream, ice cream and/or puree fruit (if desired). 	<p>Other Cheesecakes: Make or buy your favourite cheesecake (with a smooth filling, no lumpy fruits or bits) and simply remove the base!</p>	

Where you can buy texture modified food and fluid products

Safe Swallowing: www.safeswallowing.com.au or by phone (02) 9620 4971

Nutrition Australia: www.nutritionaustralia.org or (07) 3257 4393

Recipe Book

Super foods for small appetites: Home based modified texture diets

By Janet Martin (2014).

Available from: www.familyconcernpublishing.com.au (hard copy or digital download)

Please note: the recommendations in this document are for adults and therefore may not be appropriate for children. It is recommended that you discuss this further with your child's Speech Pathologist or Dietitian as paediatric specific high protein high energy resources are available.