

Blended Diet Recipe Ideas

Includes first blends: Breakfast, Lunch, Dinner & Dessert Ideas



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RBHSC dietetic department have produced this blended diet recipe ideas book to provide tried and tested recipes for a range of nutritional needs and food allergies.

All blends should be of the consistency of at least IDDSI Level 4 (puree), but ideally IDDSI Level 3. This consistency is like honey. It will coat the back of a spoon, it will not hold its shape on a fork, and it will flow freely from a spoon when it is tipped.

We recommend using a good quality measuring jug, sieve and blender. A blender should ideally have a metal shaft and blade as these will be more durable.

If you are bulk-cooking, it is important to cool the food quickly, put into clean and dry containers with clear labels of the item, and date it was made. We always recommend giving blends at chilled or room temperature.

Blends sent to schools or residential facilities should comply with their guidelines on allergens and ingredients.

Good food hygiene practices are essential.

When food is blended, there is an increased risk of food poisoning as germs can multiply much more easily.



It is therefore important to follow this guidance:

- ✓ Wash hands thoroughly with soap and hot water before and during cooking and blending
- ✓ Wash all equipment and surfaces thoroughly (including blender) before use
- ✓ Blended food should be prepared as close to administration time as possible.
- ✓ Blended food should not remain at room temperature for longer than 2 hours, ideally for the shortest time possible.
- ✓ Blended food may be stored on the top shelf of the fridge (below 5°C, above any raw food) for up to 24 hours.
- ✓ Defrosted blends, or fresh blends stored in the fridge should be discarded after 24-48 hours.
- ✓ Blended food may be frozen (below -18°C). Foods should not be kept for longer than 1 month. Food safety guidance on defrosting should be followed.
- ✓ Follow the use by date advice given by manufacturers.

Further information on food hygiene and how to store food safely can be found at the following websites, or ask your child's dietitian.

www.nhs.uk

www.food.gov.uk

It may be useful to take a Basic Food Hygiene Course (Level 2 City& Guilds) - these can be taken online.

This recipe book is only a guide and should be used with the support of your dietitian.

We hope you find this book useful.

Kind regards,

RBHSC Dietetic Department



1. First Blends

1A Sweet

1A 1. Pear puree

1A 2. Banana and peach puree

1B Savoury

1B 1. Courgette and carrot puree

1B 2. Avocado and puree

1B 3. Sweet potato and parsnip puree

1B 4. Sweet potato and squash puree

1B 5. Root veg puree- potato, carrot and parsnip

1A 1. Pear Puree

(0.47kcal/ml)



Ingredients (makes 5 portions)

- 2 small, ripe pears
- Water

Method

1. Peel and core 2 pears- cut pears into small pieces.
2. Add pears to pan and cover with a little water.
3. Simmer on low heat until soft (about 4 minutes).
4. Blend pears until puree consistency.

Nutritional Content	Per 100g	Per 64g serving	Per 320g (5 portions)
Energy (kcal)	47kcal	30kcal	151kcal
Carbohydrates	11g	7g	36g
Protein	0.3g	0.2g	1g
Fat	0.1g	0.1g	0.3g
Fibre	3g	2g	9g

Modifications: To increase calories add koko yogurt, elmlea vegan cream or baby rice.

Tip: Allow the puree to cool then freeze the extra portions of puree. When you want to use the frozen puree- take out of freezer and thaw overnight in the fridge.

✓ Vegan

✓ Gluten Free

✓ Dairy Free

1A 2. Banana and Peach Puree (0.66kcal/ml)



Ingredients (2 portions)

- 1 regular banana mashed (weighing 90g)
- One and a half small soft peaches with stone and skin removed or 3 tinned peach halves (weighing 60g)
- Approx 9 tablespoons whole milk (or dairy free alternative)

Total volume: 120mls

Method

1. Blend the peaches and banana together for about 20 seconds until smooth but not frothy
2. Add 9 tablespoons milk and blend again until consistency is like honey.
3. Pass puree through sieve to get rid of any lumps.

This puree should coat the back of a spoon but pourable from the spoon. If it is thicker than this, add more milk. If it is too thin, add more mashed banana and blend well.

Nutritional Content	Per 100g	Per 143g portion	Per 285g serving
Energy (kcal)	66kcal	94kcal	187kcal
Carbohydrates	10g	15g	30g
Sugars	10g	14g	28g
Protein	2g	3g	6g
Fat	2g	3g	5g
Potassium	214mg	306mg	611mg

Modifications: To increase calories add full fat yoghurt/double cream.

Tip: It can be kept in the fridge for 12 hours. It will need mixed after taking out of the fridge and you may need to add more milk if it has thickened up.

✓ **Vegan**

✓ **Gluten Free**

1B 1. Courgette and carrot Puree (0.38kcal/ml)



Ingredients

- 40g courgette peeled (about 4 slices)
- 60g carrots (consider using frozen veg)
- Cows milk or Oat milk

Total volume= 120mls

Method

1. Boil vegetables until soft
2. Drain and blend with about 10ml cooking water until you get a thick smooth puree, then slowly add in enough milk until the consistency is like honey
3. Pass through a sieve if necessary.
4. Allow to cool to room temp before syringing down tube

Nutritional Content	Per 100g	Per 120g serving
Energy (kcal)	38kcal	45kcal
Carbohydrates	7g	8g
Sugars	5g	6g
Protein	1g	1g
Fat	0.7g	0.9g

Modifications: To increase calories add koko yoghurt/ coconut cream.

Tip: It can be stored in ice cube tray and froze for up to 1 month.

✓ Vegan

✓ Gluten Free

✓ Dairy Free
(if prepared using oat milk)

1B 2. Avocado and banana

Puree (0.87kcal/ml)

Ingredients (4 portions)

- 1 Avocado
- 1 large Banana
- 100ml Cows milk or Oat milk

Total volume= 300ml



Method

1. Cut ripe avocado in half scoop out stone.
2. Add avocado and banana to blender and blend until smooth.
3. Add desired amount of oat milk to achieve a honey consistency.

Nutritional Content	Per 100g	Per 75g portion	Per 300g serving
Energy (kcal)	87kcal	65kcal	261kcal
Carbohydrates	11g	8g	32g
Sugars	9g	7g	26g
Protein	1g	1g	4g
Fat	4g	3g	13g

Modifications: To increase calories add soya yoghurt/coconut cream/elmlea vegan cream.

Tip: Freeze in ice cube trays and keep for 1 month.

✓ Vegan

✓ Gluten Free

✓ Dairy Free
(if prepared using oat milk)

1B 3. Sweet potato and parsnip puree

(0.97kcal/ml)



Ingredients (4 portions)

- 2 medium sweet potatoes (peeled and cut into small pieces)
- 4 parsnips (peeled and chopped)
- 3 tablespoons unsalted butter
- Approx 60ml whole milk

Method

1. Bring a large saucepan of salted water to a boil. Add potatoes and parsnips and boil until tender (approx.12 minutes).
2. Drain the vegetables and transfer to a blender/ food processor.
3. Add butter and purée until smooth.
4. Add milk and blend until desired consistency is achieved. May require additional milk to thin to required consistency.

Nutritional Content	Per 100g	Per 210g portion	Per 839g serving
Energy (kcal)	97kcal	204kcal	817kcal
Carbohydrates	12g	24g	98g
Sugars	7g	14g	57g
Protein	2g	3g	14g
Fat	5g	10g	41g

Allergens: Milk

Modifications: To increase calories add greek yoghurt/ coconut cream/ double cream.

To make vegan swap to oat milk and olive oil spread.

Tip: Freeze in ice cube trays and keep for 1 month.

✓ **Gluten Free**

1B 4. Sweet potato and squash Puree

(1.12kcal/ml)



Ingredients (5 portions)

- ½ Butternut squash
- 1 Sweet potato
- Olive oil
- Elmlea vegan cream

Method

1. Peel butternut squash and sweet potato and cut into cubes.
2. Add to baking tray and drizzle with olive oil.
3. Cover with piece of foil
4. Bake for 30 minutes (until vegetables tender).
5. Cool slightly and add to blender with Elmlea cream- add cream gradually until desired consistency is achieved.

Nutritional Content	Per 100g	Per 190g portion	Per 952g serving
Energy (kcal)	112.3kcal	214kcal	1069kcal
Carbohydrates	11g	20g	101g
Sugars	8g	16g	80g
Protein	2g	3g	15g
Fat	7g	13g	67g

Tip: Freeze in ice cube trays and keep for 1 month.

✓ Vegan

✓ Gluten Free

✓ Dairy Free

1B 5. Root veg puree - Potato, carrot and Parsnip (0.51kcal/ml)

Ingredients (makes 5 portions)

- 100g carrot
- 100g potato
- 50g parsnip
- 200ml oat milk



Method

1. Peel and chop carrots, potato and parsnips and add to sauce-pan with oat milk..
2. Bring to the boil and simmer for 30 minutes.
3. Remove with slotted spoon and add to blender.
4. Blend vegetables and add as much liquid as necessary to achieve desired consistency.

Nutritional Content	Per 100g	Per 90g portion	Per 450g serving
Energy (kcal)	51kcal	45.6kcal	228kcal
Carbohydrates	9g	8g	38g
Sugars	3g	3g	15g
Protein	1g	1g	5g
Fat	1g	1g	6g

Modifications: To increase calories add soya yoghurt/ coconut cream/ elemea vegan cream.

Tip: Freeze in ice cube trays and keep for 1 month.

✓ Vegan

✓ Gluten Free

✓ Dairy Free

2. Breakfast

2A Everyday/ family breakfast ideas

- 2A 1.** Overnight oats with yogurt and berries
- 2A 2.** Weetabix with banana and honey
- 2A 3.** Eggy bread
- 2A 4.** Blueberry and banana porridge
- 2A 5.** Pancake with egg

2B Breakfast smoothies

- 2B 1.** Supper smoothie
- 2B 2.** Apple and Avocado smoothie
- 2B 3.** Nutty mango and banana smoothie

2A 1. Overnight oats with Yogurt and berries

(1.12kcal/ml)

Ingredients

- 30g rolled porridge oats
- 125g Greek yogurt
- 1 handful of mixed frozen berries
- 60mls whole milk.

Total volume: 285mls

✓ High
Calcium and
Fibre option



Method (5 minutes to prepare and overnight soaking)

1. Combine milk (60ml) and oats (30g) - stir and soak overnight in fridge.
2. The next morning, add Greek yogurt (125g) and 1 handful of frozen berries.
3. Blend for 3 - 5 mins.
4. Pass through sieve to ensure consistency is smooth.

Nutritional Content	Per 100g	Per 285g serving
Energy (kcal)	112kcal	318kcal
Carbohydrates	11g	31g
Of which Sugars	4g	12g
Protein	6g	18g
Fat	5g	14g
Calcium	95mg	272mg
Fibre	1g	3g

Allergens: Contains oats (gluten) and milk.

Modifications:

1. To make vegan use plant-based milk and yogurt eg. oat milk and koko yoghurt.
2. For extra calories add peanut butter.
3. Fruits can be swapped for any fruits of your choice.
4. Swap half of the rolled oats with ground oats (such as Ready-Brek) for extra calcium and iron

2A 2. Weetabix with banana and honey (1.kcal/ml)

Ingredients

- 1 wheat biscuit
- 1 small banana
- 1 teaspoon of honey
- 300mls whole milk

Total volume: 260mls

✓ High Fibre option



Method

1. Place wheat biscuit in a bowl with milk and allow to soak.
2. Add soaked wheat biscuit to blender with banana honey and the remainder of the milk.
3. Blend until a smooth consistency is achieved.
4. More milk may need added to achieve to achieve a honey-like consistency.

Nutritional Content	Per 100g	Per 260g serving
Energy (kcal)	102kcal	265kcal
Carbohydrates	17g	44g
Of which Sugars	12g	30g
Protein	3g	8g
Fat	2g	6g
Fibre	1g	3g

Allergens: Milk, wheat, and barley

Modifications:

1. To make vegan and dairy free use plant-based milk eg. oat milk
2. To increase calories- add cream/ yoghurt/ peanut butter.

2A 3. Egg Bread (1.7kcal/ml)

Ingredients

- 1 slice of white bread
- 1 Medium hen's egg
- 100ml whole milk
- 1 tbsp whole milk
- 1 tbsp Butter

✓ Higher
Protein and
energy



Method

1. Beat egg with 1 tbsp milk.
2. Dip each slice of bread into the egg mixture.
3. Add 1 tbsp butter to frying pan and allow to heat up.
4. Add the bread and fry on each side for 1 min or until golden brown.
5. Add the egg bread to the blender with 100ml whole milk and blend until consistency like honey is achieved.

Nutritional Content	Per 100g	Per 225g serving
Energy (kcal)	170kcal	383kcal
Carbohydrates	9g	20g
Of which Sugars	3g	6g
Protein	6g	14g
Fat	12g	27g

Allergens: Milk, egg, gluten

Optional extra: add beans for extra calories and protein.
Use Best of Both bread or Vitamin Boost Bread for extra calcium/
vitamin D

2A 4. Blueberry and Banana porridge (1.4kcal/ml)

✓ Rich in calcium

Ingredients

- 1 low sugar rusk
- 80ml whole milk
- 2 tablespoons double cream
- 50g blueberries (frozen or fresh)
- Half a medium banana (50g without skin)



Method

1. Heat milk until lukewarm
2. Break up the rusk and stir into milk until dissolved and smooth. Set aside
3. Blend the banana, cream and blueberries together until smooth. Then pass through a sieve to remove blueberry skins and seeds (essential)
4. Slowly add in the melted rusk and blend until honey-like consistency

Nutritional Content	Per 100g	Per 227g serving
Energy (kcal)	142kcal	323kcal
Carbohydrates	14g	31g
Of which Sugars	9g	21g
Protein	3g	6g
Fat	9g	20g
Calcium	75mg	170mg

Allergens: Milk, wheat

Modification: To make this a vegan option, switch cows milk to oat milk and replace double cream with Alpro Soya Cream or Elema vegan cream

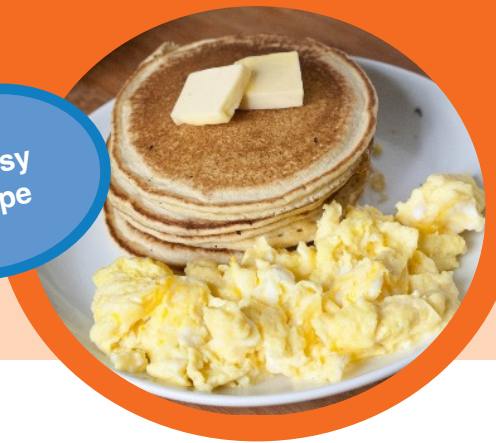
2A 5. Pancake with egg

(1.27kcal/ml)

Ingredients

- 1 pancake
- 1 Medium hard boiled egg
- 120mls milk

✓ Easy
recipe



Method

1. Break pancake and boiled egg into small pieces and add to blender with milk.
2. Blend for 4 minutes until a consistency like honey is achieved.
3. Consider using a sieve to ensure a smooth blend

Nutritional Content	Per 100g	Per 200g serving
Energy (kcal)	127kcal	254kcal
Carbohydrates	12g	23g
Of which Sugars	6g	12g
Protein	7g	14g
Fat	6g	12g

Allergens: Milk, egg

Modifications: Add butter/ replace egg with peanut butter/ add baked beans to the egg to add extra calories, protein, calcium or iron.

2B 1. Super Smoothie

(0.7kcal/ml)

Ingredients (2 portions)

- 90ml Greek yoghurt
- 110ml whole milk
- 1 small banana
- 60g tinned peaches (4 slices)
- 60g frozen berries

Total volume= 400mls

✓ Rich in calcium



Method

1. Add all the ingredients to a blender.
2. Blend for 3 to 5 mins until smooth.
3. Sieve to remove any seeds.

Nutritional Content	Per 100g	Per 200ml serving	Per 400g serving
Energy (kcal)	72kcal	145kcal	289kcal
Carbohydrates	9g	17g	34g
Of which Sugars	8g	16g	32g
Protein	4g	7g	14g
Fat	3g	5g	11g
Calcium	68mg	136mg	271mg

Allergens: contains milk

Modifications:

1. Vegan/dairy-free- plant-based milk and yoghurt eg. oat milk/ koko yoghurt.
2. Increase calories-add honey/ peanut butter/ double cream.

✓ **Gluten Free**

2B 2. Apple and Avocado smoothie (0.9kcal/ml)

Ingredients

- 1 medium eating apple
- ½ medium avocado
- 50g koko yogurt
- 1 tablespoon honey
- 80ml oat milk

Total volume= 400ml



Method

1. Peel, core and chop apple.
2. Remove skin and stone from avocado and chop half of it.
3. Add the chopped apple, pear, yogurt, milk and honey to a blender and blend until smooth consistency.
4. May need to add extra water/milk to thin down.

Nutritional Content	Per 100g	Per 400g serving
Energy (kcal)	86kcal	342kcal
Carbohydrates	11g	44g
Of which Sugars	10g	40g
Protein	0.9g	3g
Fat	4g	17g

Allergens: Coconut

Modifications:

1. Non-vegan option- swap to Greek yoghurt and whole milk
2. To increase calories add skimmed milk powder and double cream

✓ Vegan

✓ Gluten Free

✓ Dairy Free

2B 3. Nutty Mango and Banana

(1.6kcal/ml)



Ingredients (2 servings)

- 250ml orange juice
- 5 tablespoons smooth Greek yoghurt
- 150g frozen mango chunks, defrosted
- 50g oats
- 2 tablespoons smooth peanut butter
- 20g skimmed milk powder (from tea+ coffee aisle)

Method

1. Blend all together using blender, until smooth.
2. Pass through sieve to ensure no lumps if necessary.

Nutritional Content	Per 100g	Per 250g serving	500g
Energy (kcal)	159kcal	397kcal	794kcal
Carbohydrates	23g	57g	114g
Protein	6g	14g	28g
Fat	6g	14g	28g
Fibre	2g	4g	8g
Iron	0.7mg	1.8mg	3.5mg
Vitamin C	23mg	59mg	117mg

Allergens: Nuts, Gluten and Milk

Modifications: To make vegan swap to koko yoghurt and soya milk.

3. Light meals / Lunch

3A Soups

3A 1. Lentil Soup

3A 2. Butternut squash and sweet potato soup

3A 3. Creamy vegetable soup

3B Other

3B 1. Egg sandwich

3B 2. Tuna Sandwich

3B 3. Bread, egg and avocado

3B 4. Bagel and banana

3B 5. Bagel with salmon, avocado and cream cheese

3B 6. White crusty bread with hummus

3A 1. Lentil and sweet potato soup

(1.6kcal/ml)

Ingredients (6 portions)

- 3 tablespoons olive oil
- 1 onion chopped
- 600g sweet potato
- 200g dried red lentils uncooked
- 400ml coconut milk
- 800ml vegetable stock/broth
- 100ml whole milk or dairy free vegan milk
- 100ml Double cream or elema vegan cream
- 120g skimmed milk powder (omit if vegan option desired)

✓ Protein and fibre rich
✓ Cost effective



Method:

1. Add oil to pot with onion and cook until soft
2. Rinse and drain lentils. Add the sweet potatoes, lentils, coconut milk and stock.
3. Simmer for 30 minutes.
4. Mix the cream and skimmed milk powder together and add to soup.
5. Blend until smoothie consistency- it may be necessary to add more liquid.

Nutritional Content	Per 100g	Per 350g portion
Energy (kcal)	155kcal	541kcal
Carbohydrates	16g	56g
Protein	5g	18g
Fat	8g	29g
Fibre	2g	8g

Allergens: Milk and coconut

Tip: This soup can be froze for up to 3 months

✓ Gluten Free

3A 2. Butternut squash and sweet potato soup (0.8kcal/ml)

Ingredients (8-10 portions)

- 500g sweet potatoes,
- peeled and diced
- 1 butternut squash, peeled,
- deseeded and diced
- 1 tbsp clear honey
- 1 tbsp olive oil, plus a drizzle
- 2 onions, roughly chopped
- 1 garlic cloves, crushed
- 1 litre vegetable or chicken stock
- 100ml double cream



Method:

1. Add the sweet potato and butternut squash to a baking tray with a drizzle of olive oil and honey. Roast for 40-45 mins at 200 degrees Celsius until soft and starting to caramelise at the edges, stirring occasionally.
2. Fry the onions in 1 tbsp olive oil until soft, then add the garlic, chicken stock. Bring to the boil, and simmer for 5 mins.
3. Add the sweet potato and butternut squash to the pan with the stock.
4. Blend everything until smooth and stir in most of the cream and bring back to a gentle simmer.

Nutritional Content	Per 100g	Per 300g portion
Energy (kcal)	0.8kcal	225kcal
Carbohydrates	11g	32g
Of which sugars	8g	23g
Proten	1g	4g
Fat	3g	9g

Allergens: Milk and coconut

✓ **Gluten Free**

3A 3. Creamy Vegetable soup(1kcal/ml)

Ingredients

- 3 tbsp olive oil
- 1 medium onion
- 2 large carrots
- 2 sticks celery
- 1 medium leek
- ½ turnip
- 400g butter beans (tinned, drained)
- 1 medium potato

✓ High fibre option



- 600ml stock
- 250ml full fat milk
- 120g skimmed milk powder
- 100ml double cream

Method:

1. Add oil to a pot and cook onion for 5 minutes.
2. Add remaining vegetables (except potatoes) and cook for 10 minutes.
3. Add in the potatoes, butterbeans and stock- bring to the boil and simmer for approx. 20 minutes (until vegetables are tender).
4. Mix together the milk and skimmed milk powder and add the mixture and the cream to the soup.
5. Blend the soup until desired consistency achieved- it may be necessary to add more liquid if required.

Nutritional Content	Per 100g	Per 350g serving
Energy (kcal)	106kcal	371kcal
Carbohydrates	9g	33g
Protein	4g	15g
Fat	6g	21g
Fibre	2g	7g

Allergens: Milk

Modifications: To make vegan/ dairy free use oat milk and Vegan or Soya Cream, and omit skimmed milk powder

✓ **Gluten Free**

3B 1. Homemade egg Sandwich(1.8kcal/ml)

Ingredients

- 2 slices of wholemeal-bread (buttered)
- 2 boiled eggs
- 3 teaspoons of mayonnaise
- 200ml whole milk

✓ High energy, protein and fibre option
✓ Cost effective



Method:

1. Boil 2 eggs and remove the shell.
2. Mash the egg with 3 teaspoons of mayonnaise.
3. Add the egg mixture, 2 slices of broken up bread and 200ml milk to the blender.
4. Blend for 4 minutes.
5. Pass through sieve to ensure a smooth blend.

Nutritional Content	Per 100g	Per 420g portion
Energy (kcal)	178kcal	747kcal
Carbohydrates	9g	38g
Of which sugars	3g	12g
Proten	6g	27g
Fat	13g	54g
Fibre	0.9g	3.7g

Allergens: Milk, egg and gluten

Modifications:

1. Can swap to 50/50, Best of Both or white bread depending on needs or preference
2. To reduce calories, add less mayonnaise/ replace the milk with water

3B 2. Tuna Sandwich

(1.7kcal/ml)

Ingredients

- 2 slices wholemeal-
- bread
- ½ tin tuna
- 1 tablespoon mayonnaise
- 200mls whole milk

✓ High energy,
protein and fibre
option
✓ Cost effective
✓ easy



Method:

1. Mix tuna and mayonnaise together
2. Break up wholemeal bread into small pieces and add to blender.
3. Add the tuna and mayo mixture to the blender with 200mls water.
4. Blend for 4 minutes until a smooth consistency that resembles honey is achieved.
5. It may be necessary to pass mixture through a sieve.

Nutritional Content	Per 100g	Per 244g portion
Energy (kcal)	170kcal	415kcal
Carbohydrates	14g	33g
Of which sugars	3g	7g
Protein	9g	21g
Fat	9g	22g

Allergens: Milk, egg, gluten and fish

Modifications: Can swap for 50/50, Best of both or white bread depending on individual needs or preferences.

3B 3. Bread, egg and avocado (1.4kcal/ml)

Ingredients

- 1 slice of 50/50 bread,
- buttered
- 1 egg
- ½ small Haas avocado
- 120mls whole milk

✓ Rich in calcium, protein, omega 3 and 6



Method:

1. Boil egg, deshell and break into small pieces.
2. Remove skin and stone from avocado and mash
3. Butter bread and break into small pieces
4. Add all ingredients to the blender and blend for 4 minutes until a smooth consistency like honey is achieved.
5. It may be necessary to pass the prepared mixture through a sieve before administering.

Nutritional Content	Per 100g	Per 314g serving
Energy (kcal)	138kcal	432kcal
Carbohydrates	12g	36g
Of which sugars	3g	9g
Proten	6g	20g
Fat	7g	23g
Omega 3	0.1g	0.25g
Omega 6	1g	3g
Calcium	172mg	539mg

Allergens: Milk, egg and gluten

Modifications: To make this a vegan option, swap whole milk to oat milk, replace butter with a dairy free spread and replace egg with chickpeas/ coconut cream

3B 4. Bagel with Banana (1.2kcal/ml)

Ingredients

- 1 thin bagel
- 1 small banana
- 130mls oat milk

Total volume: 200mls

✓ Source of potassium



Method:

1. Break bagel and banana into small pieces and add to blender with 100mls oat milk.
2. Blend for 4 minutes until desired consistency is achieved.

Nutritional Content	Per 100g	Per 200g serving
Energy (kcal)	1.2kcal	2.43kcal
Carbohydrates	25g	49g
Of which sugars	11g	22g
Protein	6g	21g
Fat	2g	7g
Potassium	152mg	304mg

Allergens: Gluten

Modifications: to increase calories add peanut butter/ yoghurt.

Tip: If using average sized bagel more milk will be required

✓ Vegan

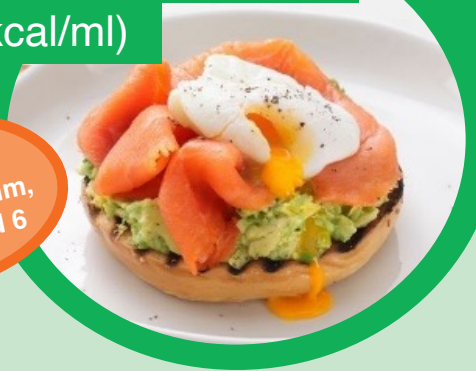
3B 5. Bagel with salmon, avocado and cream cheese (1.5kcal/ml)

Ingredients

- 75g tinned salmon,
- drained or
- smoked salmon
- 1 whole ripe avocado
- 50g cream cheese
- 1 bagel
- 180ml whole milk

Total = 420mls

✓ Rich in
protein, calcium,
omega 3 and 6



Method:

1. Remove stone and skin from avocado
2. Break the bagel into small pieces
3. Add all ingredients to the blender and blend until smooth honey-like consistency achieved.
4. May be necessary to pass through a sieve before administering

Nutritional Content	Per 100g	Per 535g serving
Energy (kcal)	154kcal	825kcal
Carbohydrates	11g	59g
protein	7g	38g
Fat	9g	49g
Omega 3	0.24g	1g
Omega 6	0.9g	5g
Calcium	61mg	324mg
Iron	0.3mg	1.4mg

Allergens: fish, milk and gluten

3. Adapted from Cath Fogarty (2023) Nestle recipe

3B 6. White crusty bread with hummus (1.65kcal/ml)

Ingredients

- 1 slice of crusty -white bread
- 2 tbsp hummus
- 100ml oat milk

✓ High energy and protein option
✓ Vegan



Method:

1. Break the bread into small pieces.
2. Add the pieces of bread and hummus to a blender with 100ml oat milk.
3. Blend until a smooth consistency like honey is achieved- may be necessary to add more milk.

Nutritional Content	Per 100g	Per 170g serving
Energy (kcal)	165kcal	281kcal
Carbohydrates	14g	25g
Of which sugars	3g	4g
Protein	5g	8g
Fat	10g	17g

Allergens: Sesame and gluten

Optional extras: you could add avocado/ baked beans/ carrots

✓ Vegan

4. Main meals

4A Chicken

- 4A 1.** Chicken Broccoli bake
- 4A 2.** Chicken and vegetable korma
- 4A 3.** Chicken nuggets, potato waffles and beans
- 4A 4.** Chicken and Apricot Couscous

4B Red Meat

- 4B 1.** Cheesy cottage pie (dairy free)
- 4B 2.** Braised beef with sweet potato and mushroom
- 4B 3.** Lamb Stew

4C Fish

- 4C 1.** Creamy salmon with spinach and sweet potato

4D Vegetarian

- 4D 1.** Chickpea curry with couscous

4A 1. Chicken & Broccoli bake (2.3kcal/ml)

Ingredients (6x200ml portions)

- 2 medium chicken breast fillets
- 450g broccoli florets
- (about 1 small broccoli)
- 100g mushrooms, sliced
- (could use frozen)
- 1 tin condensed cream of chicken soup
- 180ml double cream
- 4 tablespoons cream cheese
- 4 slices white bread made into bread crumbs (or 160g breadcrumbs)
- 180g cheese, grated



✓
good source
of protein and
calcium
✓ High energy

Method:

1. Casserole the chicken in some oil in a pan until fully cooked, add in mushrooms and cook until soft.
2. Mix the condensed soup, cream cheese and milk together until smooth
3. Mix the condensed soup, cream cheese and milk together until smooth
4. Heat until boiling then reduce and allow to simmer and sauce to thicken slightly
5. Sprinkle on the breadcrumbs and grated cheese, then put under a medium-high grill head to melt cheese.
6. Blend together until smooth, divide into 4x200ml portions and pass through sieve. Add extra milk to thin down to honey consistency if necessary.

Nutritional Content	Per 100g	Per 200g serving
Energy (kcal)	230kcal	460kcal
Carbohydrates	9g	18g
Of which sugars	1.5g	3g
Protein	14g	28g
Fat	16g	31g
Calcium	143mg	285mg
Iron	0.5mg	1mg

Allergens: Milk and gluten

4A 2. Chicken and Vegetable Korma (0.8kcal/ml)

Ingredients (8x200ml portions)

- 2 chicken breasts, chopped-into small pieces
- 1 stalk celery
- 2 tbsp oil
- 1 tsp garam masala
- 1 tsp ground ginger
- 1 tsp ground turmeric
- 1x 400g tin chopped tomatoes
- 400ml whole milk/ oat milk
- 1 tbsp tomato puree
- 150ml water
- 1 red pepper
- 5-6 mushrooms
- 60g Skimmed milk powder



✓ good source of protein and calcium
✓ High energy

Method:

1. Heat the oil in a frying pan and add the diced chicken, until cooked, then add the celery, pepper and mushrooms and cook until softened.
2. Stir in the ginger, gram masala and turmeric and cook for another 2 minutes
3. Then stir in the tinned tomatoes, tomato puree and water.
4. Reduce the heat and simmer for 20-25 minutes until the sauce has thickened.
5. Add the mixed vegetables whilst still frozen and bring back up to the boil, cooking until they are tender.
6. Remove from the heat and stir in the whole milk with skimmed milk powder.
7. Then blend and portion, should make 8x 200ml portions.

Nutritional Content	Per 100g	Per 200ml portion
Energy (kcal)	81kcal	162kcal
Carbohydrates	5g	10g
Protein	8g	16g
Fat	4g	7g

Allergens: Contains milk and celery

4A 3. Chicken nuggets, Potato waffles and Beans (1.4kcal/ml)

Ingredients

- 4 chicken nuggets
- 2 waffles
- 2 tablespoons of baked beans
- 225mls whole milk

Total volume: 400mls

✓ Easy
✓ High protein
recipe



Method:

1. Cook the chicken nuggets and potato waffles in the oven.
2. Heat up the beans up in the microwave/ the hop.
3. Add all ingredients to the blender and blend for 4 minutes until a smooth consistency like honey is achieved.
4. May be necessary to pass blend through a sieve.
5. Allow to cool before syringing down tube.

Nutritional Content	Per 100g	Per 403g serving
Energy (kcal)	136kcal	542kcal
Carbohydrates	15g	59g
Of which sugars	4g	15g
Protein	6g	23g
Fat	6g	24g

Modifications: Make dairy free by changing the whole milk to oat/soya milk/water.

Allergens: Milk and gluten

4A 4. Chicken and Apricot Couscous

(2.2kcal/ml)

Ingredients

- 700 g chicken breast (approx. 3 large, cubed)
- 2 tbs plain flour
- 3 tbs sunflower oil
- 1 large onion, chopped
- 1 1/4 tsp ground cinnamon
- 1 tsp mild curry powder
- 600 ml vegetable stock (1 stock cube and 400ml boiling water)
- 5 tbs tomato puree (about half a 200g tube)
- 1 tbs honey
- 1 dessert apple peeled & chopped
- 150 g ready-to-eat dried apricots, chopped
- 200g couscous
- 300ml oat milk
- 4 tablespoons Hellmann's Vegan Mayonnaise OR Oatly Crème fraiche (in chilled section)

✓
High
energy, protein &
Calcium
✓ Dairy Free



Method:

1. Toss the chicken cubes in the flour
2. Heat the oil in a medium flameproof casserole and brown the meat all over.
3. Add the onion to the pot and fry for 7–8 minutes until soft.
4. Add the cinnamon and curry powder and cook for 3 minutes.
5. Add in the passata and stock.
6. Return the meat to the casserole and stir in the tomato purée, honey, apple and apricots.
7. Bring to a simmer, cover and cook gently for about 20 minutes until well cooked, then add in couscous and 100ml water. Cover and cook for another 10 minutes.
8. Take off the heat, add in the vegan mayonnaise and 300ml oat milk and blend.

Nutritional Content	Per 100g	Per 120ml portion
Energy (kcal)	223kcal	268kcal
Carbohydrates	18g	22g
Protein	18g	22g
Fat	9g	11g
Calcium	60mg	73mg
Iron	2mg	2mg

4B 1. Cottage Pie (1.8kcal/ml)

Ingredients (8x250ml)

- 3 average sized potatoes peeled and thinly sliced
- 250ml alpro soya
- cream/Asda soya cream/Elmlea
- Vegan Cream
- 200g pack dairy free
- cheese spread alternative
- 400g minced beef
- 30ml cooking oil
- 400g mixed frozen veg
- 400g tin chopped tomatoes
- Pinch of parsley
- 1 tablespoon sugar

✓ High energy & protein option
✓ Rich in iron
✓ Dairy free



Method:

1. Layer potatoes/cheese/cream- finish with a layer of cheese and pour over the last of the cream.
2. Bake in a preheated oven at 180C covered with foil, for about 45 minutes then remove the foil and cook for another 15 mins until golden brown on top and the potatoes are cooked through.
3. Brown the meat in the cooking oil in a large pan, then add frozen veg and parley and al-low to cook through.
4. Bring to a simmer then add 400g tin chopped tomatoes and 1 tbsp sugar. Keep the lid off and allow to simmer for about 15 minutes until the sauce has thickened slightly.
5. Blend the beef and potato dish together.

Nutritional Content	Per 100g	Per 250g serving
Energy (kcal)	180kcal	447kcal
Carbohydrates	3g	23g
Of which sugars	2g	6g
Protein	7g	17g
Fat	13g	32g
Calcium	14mg	35mg
Iron	0.8mg	2mg

Allergens: Soya

4B 2. Braised beef, sweet potato and mushroom (1.5kcal/ml)

Ingredients (6x160g portions)

- 125g braising steak
- 1tbsp flour
- 100g mushrooms
- 275g sweet potatoes peeled
- 250ml chicken stock
- Juice of 1 orange (120ml)
- 2tbsp olive oil
- Double cream



✓ Rich in iron

Method:

1. Chop up braising steak, mushroom and sweet potatoes
2. Add oil to casserole dish
3. Roll meat in flour and sauté until browned
4. Add mushrooms and sauté for 1 minute
5. Add stock, sweet potato and orange juice and bring to boil
6. Transfer to oven (180 degrees Celsius) for 1 ¼ hours.
7. Blend until desired consistency is reached- add as much cooking liquid and double cream as necessary.

Nutritional Content	Per 100g	Per 160g portion
Energy (kcal)	148kcal	234kcal
Carbohydrates	10g	16g
Of which sugars	5g	8g
Protein	5g	8g
Fat	10g	15g
Iron	0.5mg	0.8mg

Could be made in a slow cooker

Allergens: Milk, Gluten

4B 3. Lamb Stew

(1.5kcal/ml)

Ingredients

-see below



Ingredients & Method:

1. 270g mashed cooked sweet potato flesh (approx. 2- remove skin; then bake or boil)
2. 20ml olive oil
3. 300g cooked lamb pieces (stewed in the olive oil until cooked through),
4. Then add 80g cooked mushrooms (4 closed cup mushrooms) and
5. 200g (half of a can) chickpeas and
6. 60g raw courgette (remove skin if you need to)
7. Cook until soft, then add
8. 200ml oat milk, bring to boil and reduce to simmer
9. Blended up to 1000ml volume with added water, divide into 10x100ml portions

Nutritional Content	Per 100g	250g
Energy (kcal)	152kcal	379kcal
Carbohydrates	12g	30g
Of which sugars	5g	12g
Protein	10g	26g
Fat	7g	18g
Iron	0.8mg	2mg
Calcium	20mg	50mg

Modification: to increase calories use whole milk/ add double cream.

4C 1. Creamy Salmon with spinach and sweet potato (1.2kcal/ml)

Ingredients

- 130g fresh salmon fillet, rinsed under cold water and dried with kitchen paper
- 80g raw baby spinach, rinsed under cold water
- 1 small - medium sweet potato,
- peeled and sliced 2cm rounds
- 20g cream cheese

✓ Rich in
calcium, iron,
omega 3 & 6

- 1 tablespoon olive oil

- 300ml whole milk

Total volume= 600ml

Method:

1. Place sweet potato on baking tray, drizzle with oil and bake at 170°C/fan/190°C/Gas 5 for 15 – 20 mins, turn once halfway.
2. Wrap salmon in tin foil and bake in oven at 170°C fan/190°C/ Gas 5 for 12-15 mins - allow to cook in tin foil, keep any juice for blending.
3. Add spinach to microwaveable container with lid rested on top in microwave and cook on high for approx. 1 min, keep any liquid for blending.
4. Blend salmon, skin removed, sweet potato, spinach and cream cheese in for 3-5 minutes with 300ml water until smooth consistency like honey is achieved.

Nutritional Content	Per 100g	Per 700g serving
Energy (kcal)	117kcal	840kcal
Carbohydrates	8g	60g
Protein	6g	45.8g
Fat	6g	46g
Omega 3	0.6g	4g
Omega 6	0.3g	1.9g
Calcium	67.9mg	487mg
Iron	0.3mg	2.2mg

Tip: May use tinned salmon for convenience

Allergens: Fish

3. Recipe taken from Cath Fogarty (Nestle)

4D 1. Chickpea curry with Couscous

(0.85kcal/ml)

Ingredients

- 200g tinned chickpeas, drained
- 200g tinned chopped tomatoes
- 150g cooked couscous
- 1 teaspoon vegetable oil
- 25g block/creamed coconut
- 1 teaspoon tomato puree
- 1/4 onion sliced or diced
- 2 cloves garlic, chopped
- 1/2 thumb sized/5g ginger, peeled and finely grated or chopped
- 1/4 teaspoon each: ground coriander, cumin, turmeric, garam masala, dried/fresh chilli



✓Vegan

- Small handful fresh coriander, chopped
- 300ml water
- Total volume= 700ml**

Method:

1. Heat oil in saucepan on a medium heat and add onion, garlic, ginger and cook for 2-3 mins, stirring occasionally.
2. Add chickpeas, spices including chilli if using, chopped tomatoes and tomato puree and stir. Once bubbling, reduce heat to low and cook for 3-5 mins.
3. Add creamed coconut plus some water and cook for further 5 mins. Stir in chopped coriander.
4. Allow to cool and add 150g cooked rice and blend for 3-5 minutes with 300ml water - see blending instructions below.

Nutritional Content	Per 100g	Per 936g serving
Energy (kcal)	85kcal	796kcal
Carbohydrates	11g	100g
Protein	3g	31g
Fat	3g	17g

Modifications:

1. Swap couscous with noodles/ orzo pasta
2. To add extra calories use milk instead of water

3. Recipe taken from Cath Fogarty (Nestle)

5. Desserts

- 5 1. Creamy hot chocolate
- 5 2. Apple crumble and custard
- 5 3. Rice pudding and tinned pears/peaches
- 5 4. Trifle
- 5 5. Peach/pear/apple puree with custard
- 5 6. Banana dessert

5 1. Creamy hot chocolate

(2.3kcal/ml)

Ingredients

- 150ml whole milk
- 75ml single cream
- 50g chocolate chopped
- 20g skimmed milk powder

Total volume= 250mls



Method

1. Heat the milk and cream on the hob.
2. Once hot add in the pieces of chocolate and stir until melted
3. Add the skimmed milk powder and stir until smooth consistency
4. Allow to room before administering down tube.

Nutritional Content	Per 100g	Per 250ml serving
Energy (kcal)	38kcal	45kcal
Carbohydrates	20g	51g
Protein	7g	17g
Fat	14g	34g

Allergens: Milk, Gluten

5 2. Apple crumble and Custard(1.5kcal/ml)

Ingredients

- Small portion of apple crumble (approx. 150g)
- 2 tbsp custard
- 75mls whole milk

Total volume= 280mls



Method

1. Add all ingredients to the blender and blend until desired honey like consistency is achieved.
2. It may be necessary to add more milk to achieve desired consistency.
3. Pass through sieve to remove any lumps.

Nutritional Content	Per 100g	Per 250mls serving
Energy (kcal)	148kcal	415kcal
Carbohydrates	23g	65g
Of which sugars	16g	46g
protein	3g	7g
Fat	5g	14g
Calcium	68mg	190mg

Modification: To make vegan, use Oatly custard in place of dairy custard, and plant-based milk in place of cows milk. Use stewed apples with 3 McVitie's biscuits crushed to fine crumbs minxed in.

Allergens: Milk, Gluten

5 3. Rice pudding and Tinned pears/peaches (0.7kcal/ml)

Ingredients

- 1x 150g rice pudding pot (such as Ambrosia, Rachel's, Muller)
- Tinned peaches/ pears (120g, drained volume)
- Water



Method

1. Add pears/ peaches to a pan and cover with a little water.
2. Simmer on low heat until soft (about 4 minutes).
3. Add peaches/pears to a blender with the rice pudding and blend until smooth consistency achieved. It may be necessary to add more water to achieve desired consistency.

Nutritional Content	Per 100g	Per 250mls serving
Energy (kcal)	68kcal	189kcal
Carbohydrates	13g	35g
Of which sugars	9g	24g
protein	2g	5g
Fat	1.1g	3g

Modification: to increase calories add double cream/honey/peanut butter/ swap water to whole milk

Allergens: Milk

5 4. Trifle (1.3kcal/ml)

Ingredients

-Shop bought trifle (individual pot-
110-180g)

-50mls whole milk

Total volume= 125-160mls



Method

1. Add the trifle and milk to the blender and blend until a smooth consistency is achieved.
2. More milk may need added to achieve honey-like consistency.
3. Sieve to remove any potential seeds.

Nutritional Content	Per 100g	Per 125g serving
Energy (kcal)	130kcal	163kcal
Carbohydrates	17g	21g
Of which sugars	14g	18g
protein	2g	3g
Fat	6g	7g

Allergens: Milk, Gluten

5 5. Peach/pear/apple puree with custard (0.7kcal/ml)



Ingredients

- 1 pear/peach/apple
- 120g Custard pot
- Water

Method

1. Peel and core a pear/apple/peach and cut in small pieces.
2. Add pear/apple/peach to pan and cover with a little water.
3. Simmer on low heat until soft (about 4 minutes).
4. Blend pear/apple/peach with custard until puree consistency- add a little water to achieve desired consistency is necessary.

Nutritional Content	Per 100g	Per 280g serving
Energy (kcal)	68kcal	191kcal
Carbohydrates	13g	36g
Of which sugars	11g	31g
protein	1g	4g
Fat	1g	4g

Modification: to increase calories add cream/swap water for whole milk

5 6. Banana Dessert

(2kcal/ml)

Ingredients

- 1 medium banana
- 10g ground almonds
- 2 tsp maple syrup
- 2 tsp double cream
- 20g skimmed milk powder
- 1tsp vanilla extract
- Milk



Method

1. Freeze the banana pieces for at least 2 hours
2. Blend the frozen banana pieces, almonds, maple syrup, cream, skimmed milk powder and vanilla extract.
3. May need to add some milk to achieve a smooth consistency.
4. Pass mixture through a sieve to ensure no clumps of ground almonds

Nutritional Content	Per 100g	Per 200g serving
Energy (kcal)	196kcal	392kcal
Carbohydrates	19g	38g
protein	5g	10g
Fat	11.5g	23g
Fibre	1.5mg	3mg

Tip: Can freeze for later

Allergens: Dairy, nuts

6. Easy on the go snacks

6.1 Ella's Kitchen pouches (4-6 months)



7+ months- extra water/milk needs to be added and further blended



6.2 Wilbo's blend pouches



6.3 Lidl Lupilu



6.4 Tesco slurpers



6.5 Oatly vanilla custard



References

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