



Ideas for the Blender

Try to include each of the food groups when blenderizing foods.
Here are some suggestions.



Dairy Foods

This group is easy. Use milk, yogurt, frozen yogurt, ice milk, ice cream, or buttermilk as the basis for blender drinks and main dishes.



Protein Foods

Raw eggs can be used to thicken shakes. Make sure they have been inspected and stored in the refrigerator.

Tofu is a terrific source of protein for the blender. It can thicken shakes or be used for dips and dressings with more savory spices like onion and garlic.

Soups with beans, split peas or lentils can be thinned in the blender.

Believe it or not, meat tastes fine in the blender. It looks kind of gross, but if you mix some ground cooked meat with meat juice, broth or gravy and some mashed potatoes, it's really good.



Grain Foods

This group is easy to neglect with the blender. Add wheat germ to shakes. Bran flakes can add fiber, too. As odd as this sounds, grind-up graham crackers or toasted breadcrumbs in there, too. It will add substance and important nutrients.

Hot cereals like Cream of Wheat and Cream of Rice are great sources of grains. Try to use the high-fiber cereals like Roman Meal, oatmeal, etc. and add milk to thin them down.



Fruits

Fruits are easy to use in the blender. Everything works and tastes good.

Hint: freeze your fruit before it goes in the blender. Then it will thicken your shakes and make them cold without using high-fat ice cream. Try making ice cubes out of fruit juices. Use these for slushes, or to chill other beverages.



Vegetables

Not many people think of vegetables as blender foods, but they can be great. Mix pineapple or orange juices with carrots, raw spinach or dark green lettuce leaves for a refresher. It's really good! Use V-8 Juice hot or cold. Mashed potatoes, sweet potatoes, yams or squash blenderize well and can be mixed with meats for a satisfying main dish. Be creative with vegetables.



Important Hints

1. Stay hydrated. Keep sipping at water or beverages all day long.
2. Keep straws in your car, purse or briefcase. Restaurants can blenderize just about anything, but they might not have a good, wide straw.
3. Get a hand-held mixer and some large plastic tumblers. You can mix foods in the tumbler, grab your straw and drink without getting the blender dirty or having to scrape out the contents.
4. Don't be afraid to take your hand-held mixer, tumbler and straws to parties and friends' homes to use there. They will be relieved if you can eat and enjoy the meal with them.
5. Keep Sustacal with Fiber (Mead Johnson), Enrich (Ross) or Resource (Sandoz) on-hand in your car in case there is nothing you can eat. Please don't skip meals. Sustain (Melaleuca) is a good product to add to fruit drinks to increase the complex carbohydrates.
6. If you lose more than five pounds, please call me.

Recipes

Pineapple-Spinach Whirl

8 oz. Pineapple juice
1 cup washed raw spinach leaves, fluffed
Ice

Whirl in the blender. If there are open wounds in the mouth, substitute apple juice or a mild nectar for the pineapple juice.

Samoan Watermelon Shake

1 ½ cups fresh watermelon cubes
½ cup milk
2 graham cracker squares
Ice, if desired

Whirl milk and graham crackers in the blender. Add watermelon and blend. If greater thickness is desired, crush in some ice. Serve.

Banana Breakfast

¾ cup milk or Vanilla Sustacal
1 banana, cut in chunks and frozen
¼ cup wheat germ
1-2 Tbsp. honey

Blend at high speed until smooth.

Norma's Strawberry Smoothie

¾ cup buttermilk
1 cup fresh frozen whole strawberries (pitted)
Sweetener to taste (brown sugar, honey, NutraSweet or Sweet-n-Low)

Gazpacho

1 cup V-8 Juice
½ cup fresh, chunky salsa
¼ cup beef broth

Whirl in blender and server cold. Not recommended with open mouth wounds.

Creamy Soup with Sustacal

1 pkg. Lipton Cup-a-Soup Creamy Soup (Chicken, Broccoli/Cheese, etc.)
¼ cup water
½ cup Vanilla Sustacal
1/8 tsp. salt
Pepper optional, and to taste

Place soup mix in microwavable mug. Add water and mix thoroughly for 1 minute. Add Sustacal, salt and pepper. Mix well. Microwave on HIGH 1 ½ minutes or until boiling. Stir and cool slightly before serving.