

Using Foods to Thicken Fluids

Name: _____ Date: _____

Dietitian: _____

Speech Language Pathologist: _____

Occupational Therapist: _____

Using Food to Thicken Fluids

You can make your own thickened fluids using common foods.

After you prepare the thickened fluid, always check to make sure it is the right thickness for you. These suggestions do not always result in the same thickness.

Puréed Fruit	use to make smoothies
Puréed Vegetables	use to make smoothies or thicken soups
Mashed Potatoes	use to thicken soups
Flour Cornstarch Baby Rice Cereal	use to thicken soups and sauces
Yogurt	use in smoothies
Pureed Cottage Cheese Ricotta Cheese Soft Tofu	use in smoothies or to thicken soups

Recipes Using Natural Thickeners

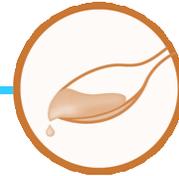
Fluids thickened with foods can get thin over time.

Before you drink naturally thickened fluids, always check to make sure it is the right thickness for you.

Tips:

- When using fruits with seeds (such as strawberries, raspberries), strain the pureed mixture through a sieve before using.
- Do not use yogurt drinks in place of yogurt ingredient.

Nectar Thick Recipes



Non-Dairy Tofu Shake

Serves 2
Takes 5 minutes

10 oz (300 mL)	dessert or silken tofu, drained
¼ cup (60 mL)	orange juice
2 Tbsp (30 mL)	strawberry jelly, seedless

Method:

1. Place all ingredients in blender.
2. Blend until smooth and no chunks are visible.

Cream of Mushroom Soup

Serves 2
Takes 10 minutes

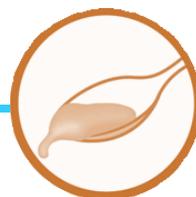
1 can 10 oz (284 mL) cream of mushroom soup
10 oz (284 mL) 2% milk
2 Tbsp (25 mL) cornstarch

Method:

1. Combine soup and milk into a saucepan. Heat on medium.
2. Stir with a whisk.
3. Heat on LOW and add cornstarch.
4. Continue stirring with a whisk until no clumps are visible.
5. Pour into blender. Blend until smooth.

Tip: Use the empty soup can to measure the milk.

Honey Thick Recipes



Apricot Smoothie

Serves 1
Takes 5 minutes

½ cup (125 mL) milk
½ cup (125 mL) yogurt
1 envelope vanilla-flavoured Carnation Breakfast Essentials® Drink
6 slices canned apricots halves, drained

Method:

1. Place all ingredients in blender.
2. Blend until smooth and no chunks are visible.

Chocolate and Banana Smoothie

Serves 1
Takes 5 minutes

½ cup (125 mL) milk
 ½ cup (125 mL) yogurt
 1 envelope chocolate-flavoured Carnation Breakfast Essentials® Drink
 1 medium banana

Method:

1. Place all ingredients in blender.
2. Blend until smooth and no chunks are visible.

Pineapple Smoothie

Serves 1
Takes 5 minutes

½ cup milk
 ½ cup yogurt
 1 envelope strawberry-flavoured Carnation Breakfast Essentials® Drink
 ½ cup (125 mL) canned crushed pineapple, drained

Method:

1. Place all ingredients in blender.
2. Blend until smooth and no chunks are visible.

Breakfast in a Glass

Serves 1
Takes 5 minutes

1 medium banana
 ¾ cup (~180 mL) orange juice
 ½ cup (125 mL) yogurt
 1 Tbsp (15 mL) wheat germ

Method:

1. Place all ingredients in blender.
2. Blend until smooth and no chunks are visible.

Fruit Milkshake

Serves 2
Time 5 to 10 minutes

¼ cup (60 mL) milk
1 cup (250 mL) yogurt
½ cup (250 mL) vanilla ice cream
2 halves canned peaches, drained
2 tsp (10 mL) honey

Method:

1. Place all ingredients in blender. Blend.
2. Stop blender and stir. Repeat until smooth and no chunks are visible.

Variation: Instead of peaches, use ½ cup (125 mL) sliced bananas, apricots, pears, strawberries or fruit cocktail. For canned fruits, drain liquid.

High-protein Smoothies

Serves 4
Takes 5 to 10 minutes

½ cup (125 mL) cottage cheese
1 cup (250 mL) plain yogurt

Add one of the following combinations (A or B):

- | | |
|--|---|
| <p>A. 1 banana
1 cup (250 mL) strawberries
1 Tbsp (15 mL) honey</p> | <p>B. Another ½ cup (125 mL) cottage cheese
3 peach halves
1 cup (250mL) strawberries
1 Tbsp (15 mL) honey</p> |
|--|---|

Method:

1. Place all ingredients in blender. Blend.
2. Stop blender and stir. Repeat until smooth and no cottage cheese curds remain.

Note:

- Option to add 1 tsp (5 mL) vanilla extract for flavor
- For canned fruits, drain liquid

Home-style Vegetable Chowder

Serves 5
Takes 20 to 25 minutes

1 large potato, washed, peeled, and cubed
 2 ½ cups (625 mL) chicken broth, divided
 ¼ tsp onion powder
 ½ cup (125 mL) evaporated milk
 10 oz (285 mL) fresh or frozen vegetable such as broccoli, cauliflower, asparagus or carrots

Method:

1. In a saucepan, cook potatoes in 1 ½ cup (375 mL) chicken broth for 10 to 15 minutes or until soft.
2. Without draining, mash potatoes in pan and set aside.
3. In a separate saucepan, cook vegetables in 1 cup (250 mL) chicken broth until tender.
4. Combine and mix together the mashed potatoes, vegetables and their broth, evaporated milk, and onion powder.
5. Pour into blender. Blend until smooth. Strain if necessary.

Cream Soup

Serves 3
Takes 10 minutes

1 can 10 oz (284 mL) cream soup
 10 oz (284 mL) milk
 1/3 cup (80 mL) instant potato flakes

Method:

1. Combine soup and milk into a saucepan on medium heat.
2. Add potato flakes and stir.
3. If chunks are visible, pour into blender and blend until smooth. If no chunks are visible, serve.

Tip: Use the empty soup can to measure the milk.

Creamy Meat & Vegetable Soup

Serves 1 to 2
Takes 20 to 25 minutes

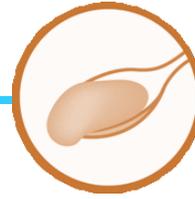
1½ cups (375 mL)	vegetable broth
½ cup (125 mL)	celery, chopped
2 Tbsp (30 mL)	onion, chopped
¾ cup (175 mL)	skim milk powder
1½ Tbsp (25 mL)	flour
½ tsp (2 mL)	salt
¼ cup (50 mL)	cooked meat or poultry, chopped
¼ tsp (1 mL)	thyme

Method:

1. Place vegetable broth in saucepan and bring to a boil.
2. Add celery and onion. Cook until soften.
3. In a separate bowl, combine skim milk powder, flour, and salt.
4. On medium heat, sprinkle dry mixture over the broth.
5. Mix with a whisk until smooth.
6. Add meat and thyme.
7. Continue to mix and cook until product thickens.
8. Pour into blender. Blend until smooth.
9. Strain through a sieve to remove any remaining pieces of food.

Variation: To make it 'Nectar Thick', add an additional ¼ cup (50 mL) of vegetable broth.

pudding Thick Recipes



High-protein Smoothies

Serves 4
Takes 5 to 10 minutes

1/2 cup (125 mL) cottage cheese
 1 cup (250 mL) plain yogurt
 1 banana
 2 tsp (10 mL) peanut butter
 4 Tbsp (60 mL) chocolate syrup
 Optional: 1 Tbsp (15 mL) honey or to taste

Method:

1. Place all ingredients in blender. Blend.
2. Stop blender and stir. Repeat until smooth and no cottage cheese curds remain.

Note:

- Option to add 1 tsp (5 mL) vanilla extract for flavor
- For canned fruits, drain liquid

Fruit Mousse

Serves 4
Takes 55-60 minutes (includes cooling time)

1 package 6 oz (180 gm) flavored gelatin powder or Jell-O mix powder
 1 cup (250 mL) boiling water
 1 cup (250 mL) cold water, with ice
 1 cup (250 mL) ricotta cheese
 1/4 cup (60 mL) sugar
 1 cup (250 mL) frozen or fresh fruit

Method:

1. Combine gelatin powder and boiling water into a blender, blend.
2. Add 1 cup of ice water (without the ice) into the blender.
3. Add ricotta cheese, sugar, and frozen fruit. Blend until smooth.
4. Pour into 4 serving dishes.
5. Cool for 45 minutes or until set.

Apricot Crème

Serves 4

Takes 35 minutes (includes cooling time)

6 canned apricots halves, drained
1½ cups (375 mL) milk, divided
¼ cup (60 mL) sugar
3 Tbsp (45 mL) corn starch
2 Tbsp (30 mL) skim milk powder

Method:

1. Using blender or food processor, blend apricots, and 1 cup (250 mL) milk at high speed for 2 minutes.
2. Add skim milk powder and blend at low speed until combined.
3. Strain through a sieve to remove chunks.
4. Pour apricot mixture into a saucepan.
5. Bring apricot mixture to a boil on medium heat.
6. Mix together sugar and cornstarch in a separate bowl.
Add ½ cup (125 mL) milk.
7. On LOW heat, add cornstarch mixture (from step #6) to heated apricot mixture while stirring constantly with a whisk, until it thickens.
8. Pour into 4 serving dishes.
9. Cool before serving (approximately 20 minutes).

Abbreviations

oz	-	ounce
tsp	-	teaspoon
Tbsp	-	Tablespoon
mL	-	millilitre
gm	-	gram

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