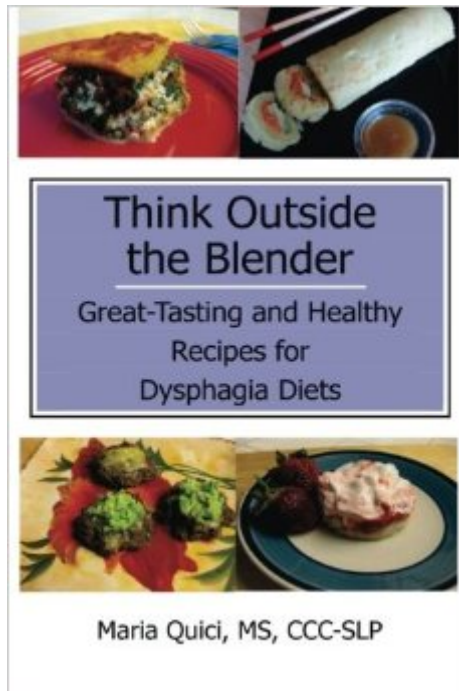


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# Think Outside The Blender: Great-Tasting And Healthy Recipes For Dysphagia Diets



## Synopsis

This book is for anyone who has difficulty chewing and swallowing due to stroke, Parkinson's disease, throat cancer, surgery, dementia or dental issues. These recipes were created by a speech-language pathologist with over 20 years experience working with adults with dysphagia. Too often, pureed/soft food is bland and unappetizing. The recipes presented here taste great and appeal to the senses with bright colors, attractive shapes and enticing aromas. They are heart-healthy and feature simple, fresh ingredients (real food!). Most are quick and easy to prepare. Many are gluten-free and or dairy-free. With an emphasis on local, seasonal and organic foods, you will be able to create meals the whole family will enjoy, bringing pleasure back into eating and improving the quality of life for the person with dysphagia.

## Book Information

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Average Customer Review: 3.4 out of 5 stars Â See all reviews Â (8 customer reviews)

Best Sellers Rank: #460,310 in Books (See Top 100 in Books) #86 in Â Books > Cookbooks, Food & Wine > Kitchen Appliances > Blenders #380 in Â Books > Medical Books > Allied Health Professions > Audiology & Speech Pathology #586 in Â Books > Cookbooks, Food & Wine > Special Diet > Vegetarian & Vegan > Non-Vegan Vegetarian

## Customer Reviews

Think Outside the Blender: Great-Tasting and Healthy Recipes for Dysphagia is a real find because it contains many appetizing dishes that are easy to prepare, especially for those caring for people with swallowing difficulties. Here, at last, is a treasure trove of ideas for those on soft-food diets. Ms Quici's book includes a broad range of recipes, from breakfast, lunch and dinner, to sweet smoothies, savory sides, and a array of unique sauces. All the recipes are beautifully photographed in color, and the instructions for each are clear, short, and easy to follow. The author has a creative way with common foods such as polenta, ricotta, and oatmeal, and she utilizes dairy, fruit, vegetables, and grains in such tasty ways as to entice one with swallowing difficulties to healthy

eating. This little book is a must for anyone who is looking for alternatives to lumpy, beige and bland blenderized food.

Super helpful in meal prep for a gourmand spouse suddenly unable to swallow usually prepared foods. This opened the way to entirely new and exciting menus, making possible meals far remote from the doctor prescribed diet of mashed potatoes and thickened juices. Much is tasty enough to be served, without any apology, to guests.

Recipes are tasty but almost all have polenta. Wish it included nutritional info

This book has a few basic ideas, nothing outstanding.

Good food, nicely written. Love to browse through it.

Didn't like this so called cooking book at all, it's been sitting in a drawer, one day after I received it. Will never use it !!

Another cookbook that really didn't help.

the recipes were good.

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