

Stage 2 (Pureed/Blended Diet) Recipes

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Tofu Chocolate Pudding

12 oz light silken tofu such as NaSoya®
1/3 cup fortified soy milk
1/3 cup Splenda®
¼ cup cocoa powder

Place tofu, Splenda®, and cocoa powder in a blender. Start blending while adding the milk slowly. Blend until smooth. Place chocolate pudding in four individual serving dishes (about 2/3 c. per serving).

Chill for at least 20 min before serving. If you plan to make this pudding a day ahead of time, refrigerate it in one large batch and then place it in serving dishes shortly before serving.

Makes 4 (2/3 cup) servings, per serving: Calories: 50, Fat: 2g, Carbohydrates: 5.5g, Fiber: 2g, Protein: 7g

High Protein Pumpkin Pudding

1 package (1.4 oz) Butterscotch Jell-O® Sugar Free Instant Pudding
1 cup skim milk
2 scoops Beneprotein® powder
(or another protein supplement)
½ c. canned pumpkin
½ tsp. pumpkin pie spice
¼ tsp. cinnamon
1/8 tsp. nutmeg
1/8 teaspoon ginger

Mix Beneprotein® powder into skim milk. Using a fork, blend the dry pudding mix and spices in a bowl. Pour in the Beneprotein®/milk mixture. Add ½ cup canned pumpkin. Stir/beat until thoroughly mixed (a wire whisk or mixer works best). Pour into small container and chill in the fridge.

Makes 4 (1/2 cup) servings, per serving: Calories: 80, Fat: 0g, Carbohydrates: 13.5g, Fiber: 2g, Protein: 6.5g

High Protein Oatmeal

Recipe adapted from the Bariatric Innovations Cookbook by Dawn Boxell, RD

½ cup skim milk
¼ cup old fashioned oatmeal
1 scoop Beneprotein® protein powder
Cinnamon to taste
Splenda® to taste

Mix the milk and oatmeal and cook on low heat, do not boil. Place mixture into the blender, blend until smooth and thin (you may need to add additional skim milk to thin as needed). Add the cinnamon and Splenda to taste.

Makes 1 (1/2 cup) servings, per serving: Calories: 140, Fat: 2g, Carbohydrates: 19g, Fiber: 2g, Protein: 13g

Chilled Avocado and Yogurt Summer Soup

Recipe courtesy of Fage Greek yogurt at www.fageusa.com

17.6 fl oz FAGE Total 0% Yogurt
3 large ripe avocados
Juice of one lemon
1 pint skim milk
1 tbsp fresh coriander, chopped
¼ tsp freshly grated nutmeg
½ tsp chopped chives for garnish
A few drops of Tabasco sauce to taste
Black pepper to taste

Peel and chop the avocado into chunks, then place into a food processor. Pour over the lemon juice; add the remaining ingredients and process until smooth. Refrigerate for at least two hours before serving. To serve, chill four soup bowls, pour in the soup, and garnish with croutons and chives. So simple, quick and delicious!

Makes 6-8 (1/2 cup) servings, per serving: Calories: 190, Fat: 11.5g, Carbohydrates: 13g, Fiber: 5g, Protein: 10g

**Note: Because this recipe uses 3 avocados, which are high in fat (healthy fats), the calorie and fat content is elevated, please be conscious of your serving size.*

Golden Butternut Squash Soup

Recipe courtesy of www.lapband.com

1 sweet onion, thinly sliced
1 small butternut squash, peeled and chopped into ½ inch cubes (about 4 cups cubed squash)
½ teaspoon kosher salt
2 cups chicken broth
1 teaspoon minced fresh sage (or ½ teaspoon dried rubbed sage)
½ teaspoon minced rosemary (or ¼ teaspoon dried)
1 teaspoon Splenda®
protein®14 scoops Beneprotein® protein powder or 3 scoops Unjury powder

Spray a largsauce pan with non-stick spray. Add onion, butternut squash, and salt, cooking until onion is golden and squash is tender, about 15 minutes. Stir in chicken broth, scraping the bottom of the pan to pick up the flavor on the bottom of the skillet. Simmer soup for 10 minutes to let the squash absorb the liquid. Remove squash mixture and place in a blender, blending until pureed (remember to remove top cork out of blender to let steam escape). Add squash puree back to the skillet. Stir in sage, rosemary, Splenda®, Beneprotein®/Unjury®, and salt and pepper to taste. Serve hot!

Makes 8 servings. Per ½ cup serving: Calories: 120, Fat: 0.5g, Carbohydrates: 16g, Fiber: 3g, Protein: 13.5g

Blended Chicken with Pepper

1/2 cup cooked meat or 1 jar baby strained meat
chicken broth
Pepper to taste
6 Tablespoons hot

Place meat and broth in blender. Cover. Process on low speed until smooth. Add pepper to taste.

Makes 1 (½ - 2/3 cup) serving: Calories: 90, Fat: 2g, Carbohydrates: 1g, Fiber: 0g, Protein: 17g

Cottage Cheese and Fruit

1 cup non-fat or 2% cottage cheese
½ cup canned fruit (low-sugar or canned in its own juice)
½ cup 100% fruit juice (low-sugar fruit juice may also be used)

Add all ingredients to blender. Blend well.

Makes 2 (1/2 cup) servings, per serving: Calories: 170, Fat: 2.5g, Carbohydrates: 28g, Fiber: 1.5g, Protein: 12g



Pumpkin Ricotta Mousse

Recipe provided by Flourish www.obesityhelp.com

...a little twist on the pumpkin pudding recipe provided above...

- 1 cup low-fat ricotta cheese
- 1 cup pumpkin puree (such as Libby's)
- 2 Tablespoons sugar-free, fat-free white chocolate instant pudding mix
- 2 Tablespoons Splenda
- ½ teaspoon Chinese Five Spice
- 1 teaspoon cinnamon
- 1 1/3 cup frozen sugar-free whipped topping, thawed

Directions: In a food processor or blender, blend ricotta and pumpkin until smooth. Add pudding mix, Splenda, Chinese Five Spice, cinnamon, and 1/3 cup whipped topping. Process until well-blended and smooth. Remove from food processor, pour into medium bowl and fold in the final cup of whipped topping.

Refrigerate until ready to serve. Serve in parfait glasses. Top with a dollop of whipped topping and a sprinkle of toasted almonds and cinnamon, if desired. Tastes like fall!

Nutrition Information: Number of servings: 6-8, Portion size: ½ cup:Calories: 50.7, Protein: 3.5 grams, Carbohydrates: 5.8 grams, Fat: 1.5 grams. Add a 1-2 scoops of Beneprotein or another unflavored protein powder for an additional boost of protein.

Holiday Nog

Recipe provided by Barb MacTaggart

- 7 cups skim milk, divided
- 1 package (1 ounce) instant sugar free vanilla pudding mix
- 1-2 teaspoons vanilla extract or rum extract
- 4-8 tsp (to taste) of Splenda
- 1 cup evaporated skim milk

Directions: Combine 2 cups milk, pudding mix, vanilla and sugar substitute in a bowl; mix according to pudding directions. Pour into a ½ gallon container with a tight fitting lid. Add 3 cups milk; shake well. Add evaporated milk and shake. Add remaining milk; shake well. Chill.

Nutrition Information- makes 8 servings (per serving): 105 calories, 0g fat, 16g carbohydrates, 0g dietary fiber, 9g protein, 190mg sodium. Again don't be afraid to add a few scoops of unflavored protein powder to add additional protein.

