

# LIQUID DIET RECIPES FOR AGES ONE AND OVER



## General Tips:

\*\*\* If your child has any special dietary needs, please reach out to the Cleft Team dietitian.

- Start with well-cooked soft foods such as a crock pot meal or soup.
- Cut food into small pieces before adding to the blender.
- Strain out any lumps, skins, or pieces of vegetable after blending the recipe.
- Add liquid to get a smooth consistency that will drip from a cup.
- If your child is eating less than normal, you may add whole milk, oil, cream, or butter to foods to increase the fat and calories.

*Note:* Honey should not be given to children under one year of age.

## MILKSHAKES AND SMOOTHIES

### Instructions:

Mix in blender and refrigerate.

### Standard Smoothie

- 1 cup of milk
- 1/2 cup of frozen fruit and/or fresh berries, spinach, or kale
- 1 Tbsp honey or another sweetener such as cinnamon

### Standard Milkshake

- 1 cup of frozen yogurt or ice cream
- 8 ounces of milk
- Chocolate or strawberry syrup to taste

### Dairy-free Milkshake

- 1 cup of rice milk, soy milk, hemp milk, coconut milk, or almond milk
- 1 cup of soy or coconut milk ice cream (any flavor)
- 1-2 Tbsp of sugar (omit this ingredient if you are using sweetened, non-dairy milk)
- For vanilla shakes, add 1 tsp of vanilla extract

### Fruity Shake

Add the following to any smoothie or milkshake recipe:

- 1/2 cup of frozen, fresh, or canned fruit such as strawberries, raspberries, blueberries, bananas, mangos, or peaches.

### Cherry Vanilla or Chocolate Cherry Shake

Add the following to any milkshake recipe:

- 1 cup of pitted fresh or frozen cherries
- 1 tsp of vanilla extract or substitute 1/4 cup of chocolate syrup for the sweeteners in the other milkshake recipe

### Strawberry Cheesecake Shake

- 1 pkg. Vanilla Carnation Instant Breakfast
- 1/4 cup cottage cheese or cream cheese
- 3 fresh or frozen strawberries
- 1 cup milk

### Other Shake Variations

You can add any of the following ingredients to enhance the flavor of and increase the number of calories in your shakes:

- 1/4 cup peanut butter to any recipe
- Mandarin oranges to make creamsicle
- Oreo cookies to make cookies and crème
- Canned pineapple, fresh spinach, and banana to make a green smoothie
- 1-2 tsp lime juice and 1-2 graham crackers to make key lime pie smoothie
- Frozen peaches to make peaches and cream smoothie

## SOUPS

### Tuna Bisque (makes 5 cups)

- 1 cup milk (separated into two halves)
- 10 oz. can Cream of Asparagus soup
- 10 oz. can Cream of Mushroom soup
- 6.5 oz can water packed tuna, cooked chicken, turkey, etc.
- 2 cups cooked vegetables

#### Instructions:

- Add all ingredients EXCEPT 1/2 cup of the milk to blender.
- Blend until smooth.
- Strain out any lumps, skins or pieces of vegetable.
- Gradually add the remaining 1/2 cup of milk.
- Pour mixture into a saucepan and simmer until heated.

### Maryland Crab Chowder

- 8.25 oz. can mixed vegetables
- 6.5 oz. can crab meat
- 10.5 oz. can condensed Cream of Celery soup
- 2 cups milk
- Add pepper and Old Bay to taste

#### Instructions:

- Place vegetables, crab (including the liquid) and the soup into a blender.
- Mix on high speed until smooth.
- Strain out any lumps, skins or pieces of vegetable.
- Pour into saucepan.
- Add milk and heat slowly until hot.



### Cheesy Vegetable Soup

- 1 cup of steamed vegetables (carrots, potatoes, spinach, green beans, broccoli, cauliflower)
- 1 cup low sodium chicken or vegetable broth
- 1 cup milk
- 1/2 cup Velveeta cheese (melted in microwave)

#### Instructions:

- Add vegetables and broth to blender and blend until smooth.
- Add milk and melted Velveeta cheese and blend again until smooth.

### Spaghetti Soup

- 1/2 cup over-cooked spaghetti
- 1/2 cup spaghetti sauce
- 1/4 cup vegetables cooked very soft
- Whole milk, as needed for consistency

#### Instructions:

- Combine pasta, sauce, and vegetables in blender or food processor.
- Add milk as needed to create the desired consistency.
- Blend until smooth.



# GBMC

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