



**BLACK HILLS ORAL SURGERY**  
**& Dental Implant Center**

***Blend & Mend***

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## Introduction

In this book you will find many interesting ways to “blend and mend.” You can still have all your favorite foods in milk-shake fashion- through a straw. It may not look like the well-cooked, beautifully served meals you’re used to, but you can have a steak, ham and eggs, chicken, or dessert. Why not try it?

The menu-recipes in this book are for patients on the kind of special diet which has been prescribed by the doctors of Black Hills Oral and Maxillofacial Surgery, P.C.

It is important that you get an adequate supply of calories and protein to help the healing process. If you don’t get enough calories from the food you eat, your body will begin to break down body tissues, slowing the healing process. If you start to lose weight, it is important to increase your intake of calories and protein.

It may be difficult to take the necessary amount of calories and protein in only three meals; therefore it is helpful to eat at least six times a day. Diet supplements such as Boost, Ensure and Carnation Instant Breakfast should be taken at least twice a day.

So go ahead! Enjoy your meals and try some of your favorite recipes. The next page has helpful tips that will tell you how to maintain a balanced diet and how to save some time.

Good health and speedy recovery!

The Doctors of Black Hills Oral and  
Maxillofacial Surgery, P.C.

## Helpful Tips

For this diet, food should be blended with enough liquid to produce a thin, easily-swallowed meal. When the jaws are wired together tightly, it may be necessary to strain the blended food.

To add flavor and interest to blended foods or commercial baby food, it may be seasoned with butter or margarine and warmed to your ideal temperature.

Prepare more than one serving at a time and store in the refrigerator in a closed container for two or three days, or in the freezer in individual portions labeled and dated.

To serve: Defrost in refrigerator or over hot water. Heat only the amount you need for one meal.

Daily calorie intake is determined by gender, age, height and weight. Check online to see how many calories are recommended for you. Here is one website that you can use to calculate: <http://www.mayoclinic.org/calorie-calculator/>

It is important to maintain your weight during the recovery period. Losing weight indicates that you are not consuming enough calories, and this can delay your healing.

To increase your calorie intake you can:

- Increase the number of meals and snacks you eat

- Use whole milk or half cream and half milk in recipes for milk shakes and puddings
- Add skim milk powder (4 Tbs) to each cup of milk used for soups, milk drinks and puddings
- Add extra fat (butter, margarine, oil) and high fat foods
- Don't fill up on low calorie fluids such as coffee, tea, broth, diet soda, or water – save these fluids for the end of the meal

To help prevent constipation, add extra fiber to your diet by:

- Mixing 1 or 2 Tbs natural bran or wheat germ with hot cereals, casseroles, soups, or milk drinks
- Eat high fiber legume dishes such as blended baked beans or split pea soup
- Having blended prunes or prune juice once a day

**\*\*Note:** Fiber should be gradually increased; don't make all of these changes on the same day. Gradually add extra fiber to your diet over a few days.

## Use Daily

### Milk Group

3 or more glasses of milk – Children, smaller glasses for children under 9

4 or more glasses – Teenagers

2 or more glasses – Adults

Cottage cheese, yogurt, ice cream and other milk-made foods can supply part of the milk

\*If you have an intolerance to milk, try soy “milk” products, Ensure, Ensure Plus, Sustacal or Resource.

### Meat Group

2 or more servings, a serving of blenderized food is ½ cup.

Meats, fish, poultry, eggs, or cheese-with dry beans, peas, nuts as alternates

### Vegetable and Fruits

4 or more servings, a serving is ½ cup.

Include dark green or yellow vegetables; citrus fruit; tomatoes; fruit and vegetable juice

### Breads and Cereals

4 or more servings, a serving is ½ cup.

Enriched or whole grain

\*Added milk improves nutritional values



## Beverages and Shakes

The following are for an 8 oz glass:

Apple juice: 114 calories

Orange juice: 96 calories

Grapefruit juice: 96 calories

Apricot Nectar: 144 calories

Grape juice: 192 calories

Pineapple juice: 144 calories

Prune juice: 192 calories

Peach nectar: 96 calories



### Cold Egnog

1 cup milk

1 egg

2 tsp sugar

$\frac{1}{4}$  tsp vanilla

Dash of salt

$\frac{1}{4}$  cup crushed ice

Put all ingredients into blender, cover and mix until smooth

Approx. 300 calories



### Ice Cream Soda Float

- ¾ cup root beer, cola or fruit flavored soda
- 1 cup vanilla ice cream

Place a large scoop of vanilla ice cream in a tall glass and add soda until glass is almost full

Approx. 230 calories

### Super Shakes – 2 servings

- 1 cup ice cream
- 1 cup whole milk
- 1 pkg. Carnation Instant Breakfast

Combine and blend well. To vary the flavor, try different flavors of ice cream or Instant Breakfast, or add 1/3 to 1/2 cup fruit or 1 tsp instant coffee.

Approx per serving: 290 calories

### Hot Chocolate

- 1 square of unsweetened chocolate, cubed
- ¼ cup sugar
- ¼ tsp vanilla extract
- 1 cup hot milk
- Dash of salt

Put all ingredients into blender, cover, mix until chocolate is dissolved. Serve hot, add a dash of whipped cream.

Approx. 300 calories

### Café Au Lait

- ½ cup boiling water
- ½ cup scalded whole milk
- 1 tsp instant coffee

Put instant coffee into a cup; pour the hot water and hot milk into the cup simultaneously. You may garnish with whipped topping.

Approx. 105 calories

### Violet Froth – 2 servings

- ¾ cup pineapple juice
- ¼ cup grape juice
- 1 cup plain yogurt
- 1 banana
- ½ cup ice (3 cubes)

Blend in blender until smooth and foamy.

Approx per serving: 223 calories

### Orange Buttermilk Shake – 2 servings

- 1 cup buttermilk
- 2 tbs brown sugar
- ½ cup orange juice
- 1 cup vanilla ice cream

Combine ingredients in a blender and blend to desired thickness.

Approx per serving: 265 calories

### Chocolate-Peanut Butter Shake - 2 servings

- 1 cup chocolate milk
- 4 tsp peanut butter
- 1 cup vanilla ice cream

Combine ingredients, blend until smooth.  
Approx per serving: 385 calories

### Strawberry-Banana Milkshake

- ½ cup strawberry ice cream
- 1 cup whole milk
- ½ ripe banana, sliced

Combine all ingredients in blender and blend until smooth.  
Approx. 325 calories

### Peachy Orange Shake

- ½ cup peach nectar
- ½ carton peach yogurt
- ½ cup orange sherbert
- ½ cup peach or apricot
- ¼ cup egg substitute

Combine ingredients in blender, blend until smooth. Strain out any pieces of fruit.  
Approx. 500 calories



# Breakfast

## Bacon and Eggs

- 2 slices of bacon, crisp
- 2 soft cooked eggs
- ½ cup hash brown potatoes
- ½ slice of buttered toast
- 1 cup warm milk



Put bacon into blender, blend. Add eggs, potatoes and toast. Blend. Add milk and process until smooth. Add more milk if thinner liquid is desired. Enjoy with a glass of juice.

Approx. 750 calories

## Sausage and Eggs

- 1 sausage patty
- 2 soft cooked eggs
- ½ cup hash brown potatoes
- ½ slice buttered toast
- 1 cup warm milk

Put sausage into blender, blend. Add eggs, potatoes and toast. Blend. Add milk and blend until smooth.

Approx. 715 calories

\*If fewer calories are desired, omit the potatoes and toast.

Approx. 150 calories less

### Ham and Eggs

- 1 slice (1 oz) of ham
- 2 soft cooked eggs
- ½ slice of buttered toast
- 1 cup of warm milk

Trim all fatty parts from ham; blend. Add eggs and toast. Blend. Add milk and blend until smooth.  
Approx. 570 calories

### Quick Breakfast in a Glass

- 1 cup milk
- 1 egg
- ½ cup strained fruit

Put all ingredients into blender, blend until smooth.  
Approx. 485 calories

### Hot Milk, Toast, and Eggs

- 1 ½ cups milk
- 2 eggs
- ½ slice of buttered toast

Heat milk. Add eggs and seasoning. Simmer on stove until eggs are cooked as desired. Put all ingredients into blender, blend until smooth.

Approx. 575 calories

\*For variation add 2 tsp of sugar, or dash of nutmeg and cinnamon.

### Cream of Wheat

1 cup of cooked Cream of Wheat

1 ½ cups warm milk

2 tsp sugar

Put all ingredients into blender, mix until smooth.

Approx. 650 calories

### Dry Cereals

1 cup dry cereal

1 ½ cups milk

2 tsp sugar

Put cereal in blender. Process until finely chopped. Add sugar and milk, blend.

Approx. 280 calories

\*There are other instant breakfasts on the market, such as Instant Cream of Wheat or oatmeal. Use according to directions on package, add more milk as desired.

# Sandwiches

## Hot Beef Sandwich

- 1 3oz slice of beef
- ½ slice of bread
- ½ cup water, hot
- ¾ cup of gravy

Add meat to blender, chop. Add remaining ingredients, blend.  
Approx. 400 calories

## Hamburger

- 1 cooked hamburger patty, 2 oz
- ½ hamburger bun
- 1 cup of beef bouillon
- Season to taste

Put hamburger into blender, blend. Add bun in pieces, seasoning and bouillon, blend.  
Approx. 360 calories



### Cheese Sandwich

2 Tbs cheese spread

½ slice of bread

1 cup milk, hot

Put bread into blender, chop. Add cheese to hot milk; add to blender, process to desired consistency.

Approx. 315 calories

\*Try all of your favorite cold cut sandwiches.

### Chili Dog

1 hot dog

1 cup of chili con carne, without beans

1 cup of hot water

3 saltine crackers

Salt to taste

Cut hot dog in small pieces, put with crackers into blender, process to chop. Add chili and water, process until desired consistency.

Approx. 800 calories



# Salads

## Carrot and Apple Salad

- 1 small apple, pared, cored, and cut into small pieces
- 1 carrot, cut into 1" pieces
- 1 cup of apple juice

Put carrot and apple into blender, cover and process until pieces are no longer visible. Add apple juice, blend. To chill, add 3 or 4 ice cubes, one at a time. Continue processing until cubes are dissolved. Approx. 95 calories

\*Good for between snacks too!

## Coleslaw

- 2 cups finely chopped cabbage
- 1 Tbs of your favorite dressing
- Salt to taste

Put cabbage into blender with enough cold water to cover, chop. Pour into strainer, drain well. Put cabbage back into blender, add dressing and seasoning. Process until cabbage is no longer visible. Approx. 190 calories

### Cottage Cheese and Fruit

1 cup cottage cheese

½ cup cooked fruit

½ cup fruit juice

Put into blender, process until desired consistency.

Approx. 300 calories



### Jello Salad

2 Tbs jello powder

1 cup boiling water

½ cup of fresh or cooked fruit

Put jello into boiling water, stir until dissolved. Put jello and fruit into blender, process until smooth. Drink while warm.

Approx. 330 calories

### Avocado Salad

- 1 avocado, cubed
- 1 tsp mayonnaise
- 1 tsp lemon juice
- 1 cup orange juice

Put all ingredients into blender. Cover and process until smooth.  
Approx. 450 calories

### Potato Salad

- 1 cup potato salad
- 1 cup milk

Put potato salad into blender, mix. Add milk, process until smooth.  
Approx. 620 calories

### Macaroni Salad

- 1 cup macaroni salad
- 1 cup milk

Put all ingredients into blender, blend.  
Approx. 600 calories

## Soups

### Hearty Fish Chowder – 2 servings

- 2 tsp margarine or butter
- 2 tsp onion, chopped
- 1 small potato, diced
- 1 small carrot, sliced
- ½ cup water
- Salt and pepper to taste
- 1/3 lb fish fillets, fresh or thawed
- 1 cup milk

Melt margarine in saucepan and cook onion until tender. Add potato, carrot, water, and ¼ tsp salt and pepper. Cover and simmer 10-15 minutes until vegetables are tender. Cut fish fillets into 1 ½ inch cubes. Add fish to saucepan and cook 10 minutes longer. Cool slightly and blend in a blender/processor. Return to saucepan, add milk and reheat but do not boil.

Per serving approx. 222 calories

### Beef Stew

- 1 cup of cooked beef stew
- 1 cup of beef bouillon

Put ingredients into blender, blend until smooth.

Approx. 350 calories

### Oyster Stew

1 cup oyster stew

½ cup warm milk

4 saltine crackers

1 Tbs butter

Salt to taste

Add butter to hot oyster stew, until melted. Put in blender, mix. Add crumbled crackers, salt, and milk. Blend.

Approx. 425 calories

### Chicken Soup

1 cup chicken and noodles

1 cup of chicken bouillon

Put chicken and noodles into blender, blend. Add bouillon. Blend until desired consistency.

Approx. 660 calories



### Quick Homemade Potato Soup

1 cup of mashed potatoes

1 ½ cup hot milk

\*Dash of onion salt

\*Dash of garlic salt

\*If spices are allowed, put crackers into blender, chop. Add remaining ingredients, blend until desired consistency.

Approx. 600 calories

### Cream of Pea Soup

1 cup of cooked peas, hot

1 cup of hot milk

1 tsp butter

3 saltine crackers

Salt to taste

Put peas into blender, blend. Add remaining ingredients, blend until smooth.

Approx. 295 calories

\*Most of the canned soups can be diluted with water, milk, or bouillon. Try some of your favorites!

### Chicken and Noodles

1 cup boiled chicken and noodles

½ cup mashed potatoes

1 cup hot chicken broth

Put chicken, noodles, and potatoes into blender, chop. Add chicken broth, blend. Add more liquid as desired.

Approx. 570 calories

### Ground Beef Casserole – 6 servings

1 lb ground beef

2 Tbs onion, minced

1 cup macaroni (uncooked)

1-10 oz can tomato soup

½ cup water

1 Tbs ketchup

1 tsp Worcestershire sauce

Garlic powder to taste

For blending: extra broth or tomato juice

Brown beef and onion in a saucepan. Cook macaroni and add to saucepan with remaining ingredients. Put into a casserole and bake at 350°F (covered) for one hour. Put about 1 ½ cups in blender/processor and add extra broth or tomato juice to achieve proper consistency.

Per serving approx. 365 calories



### Turkey and Dressing

- 1 3oz. serving of turkey
- ½ cup dressing
- ½ cup mashed potatoes
- 1 cup of turkey gravy
- ¾ cup of hot water or bouillon

Put turkey, dressing, and potatoes into blender, chop. Add gravy and liquid, blend until desired consistency.

Serve with a glass of cranberry juice.

Approx. 800 calories

### Hamburger Steak

- 1 3 oz hamburger patty, cooked
- ½ cup fried potatoes
- 1 cup hot onion soup

Put hamburger and potatoes into blender, chop. Add hot soup, blend until desired consistency.

Approx. 580 calories



### Macaroni and Cheese

1 cup macaroni and cheese, prepared  
1 cup hot milk

Put all ingredients in blender, while hot, until desired consistency.  
Approx. 560 calories

### Spaghetti and Meat Balls

½ cup spaghetti, cooked  
2 meat balls  
½ cup spaghetti sauce  
¾ cup hot water  
Season to taste

Combine all ingredients into blender. Blend until desired consistency.  
Approx. 500 calories

### Roast Beef

1 3oz serving of roast beef  
½ cup mashed potatoes  
½ cup gravy  
1 cup of beef bouillon

Put meat in blender, chop. Add remaining ingredients, and blend until desired consistency.  
Approx. 670 calories

### Pork Roast

1 3oz lean slice of pork roast  
1 medium size potato, boiled  
 $\frac{3}{4}$  cup gravy  
 $\frac{3}{4}$  cup hot water  
Season to taste

Cut meat into 1" cubes. Put into blender, chop. Add quartered potato, gravy, and water to blender, blend until desired consistency. Serve with  $\frac{1}{2}$  cup applesauce and  $\frac{1}{2}$  cup of apple juice.  
Approx. 635 calories

### Steak and Mushrooms

1 3 oz serving of steak  
 $\frac{1}{2}$  cup mashed potatoes  
 $\frac{3}{4}$  cup of mushroom gravy or soup  
1 cup hot milk

Put steak into blender, chop. Add potatoes, gravy, and hot milk, blend.  
Approx. 670 calories

### Meat Loaf

1 3oz serving of meat loaf

1 small potato

1 small carrot

2 Tbs meat gravy

1 cup of beef bouillon

Put cubed meat loaf, potatoes, and carrot into blender, chop. Add liquids and blend until desired consistency.

Approx. 500 calories

### Pork Chop and Dressing

1 pork chop, baked with dressing

½ cup dressing

½ cup mashed potatoes

1 cup of vegetable bouillon

½ cup of hot milk

Put pork chop into blender, chop. Add dressing and potatoes, mix. Add liquid, blend until desired consistency.

Approx. 880 calories

## Desserts

### Apple Pie

- 1 serving of pie
- 1 8oz glass of milk



Put pie and milk into blender, mix. Add a scoop of ice cream if you like. Try all of your favorite pastries in this manner.

### Jello

Follow directions on package, drink while warm. Blend in fruits if desired.

### Puddings

- $\frac{3}{4}$  cup soft pudding
- 1 cup cold milk

Blend to desired thickness.

### Strawberry Shortcake

- 1 serving of cake
- $\frac{1}{2}$  cup whipped cream
- 1 cup of cold milk



Add all ingredients to blender, mix to desired consistency.







