



Essential Puree - The A to Z Guidebook with 67 Pureed Recipes for the Dysphagia Diet

Diane Wolff

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Delicious puréed recipes for anyone with swallowing disorders, **including three levels of Dysphagia (Soft Diet, Modified Soft Diet and Puree Diet)**. Provides a system for setting up and running a purée kitchen. Taking the guesswork out of the setup, the Essential Purée system is fast, easy, organized and smart

- Indispensable for caregivers and families coping with patients with dysphagia or swallowing difficulties, this guidebook features:

- 67 Puréed Recipes, for adults, of classic American comfort foods
- Steps to setup of the pantry, refrigerator and freezer
- A guide to the best kitchen tools and the best and healthiest cooking methods

Tips for making great-tasting purée

- How to select ingredients for nutritional healing
- How to organize a cooking schedule so that you are not chained to the kitchen and a great meal is always on hand
- How to store food safely and tells how to label food and keep track of what is on hand
- Practical advice from a home cook who has been in the situation of the caregiver

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