



# **GENTLE GOURMET**

**RECIPE COLLECTION**

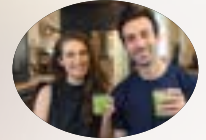
**34 DELICIOUS SOFT FOOD RECIPES**

**BLENDING  
FOR GOOD**



## YOU CAN DO THIS!

And the food and drinks in here will help. Get ahead of the hunger. Chew nothing! Then one day, you'll wake up and realize your teeth aren't sore anymore.



Shalva and Lenny Gale  
of Blending For Good

## JUST START SMALL

Make one drink. Notice how you feel. Then make one from each category. Can you make them all?

## HERE'S THE SCIENCE

The ingredients in these recipes are all anti-inflammatory. And they have immunity-boosting properties! So you're going to feel less uncomfortable right away and get back to normal faster.

Fun fact: For superfoods, variety is significantly better than quantity (even if overall quantity is less). So, one bite of six different superfoods is better than ten bites of broccoli. Cool, huh?

Here are fifteen superfoods to seek out. The more of these you eat (even if it's just a little), the better you'll feel: Broccoli, nuts, strawberries, blueberries, cherries, oranges, avocados, pineapple, lentils, ginger, green tea, tomatoes, turmeric, beets, dark leafy greens (kale & spinach & collard greens). Notice how most of these are brightly colored? It's nature's way of saying, "Eat me!"

## 5 TIPS FOR BETTER BLENDS

Keep these blending tips in mind, especially as you begin to create your own recipes:

- ✔ **Ice on top!** Add liquid ingredients first, hard ingredients last. That helps push everything down and mix most efficiently.
- ✔ **50/50 ratio!** Aim for 50% liquid and 50% frozen/solid ingredients.
- ✔ **High speed!** Most blenders work best at their highest speeds. Blend on high!
- ✔ **Color wheel!** We eat with our eyes. So keep complementary colors (like red and green) separate to avoid brown blends.
- ✔ **Fail/failure...** Just because you fail doesn't mean you're a failure. Keep blending!



## The Pinkman

2 servings | Total time: 5 minutes

- 1 grapefruit, peeled
- 2 cups (300 g) frozen strawberries
- 1 apple, cored
- 1 (¼-inch thick) slice fresh ginger root (5g), peeled

## Tropical Orange

2 servings | Total time: 5 minutes

- 1 ½ cups (360 ml) water
- 3 cups (480 g) pineapple, peeled, cut into large chunks
- 1 ½ cups (180 g) carrots
- 1 (¼-inch thick) slice lemon, peeled
- 2 ½ cups (525 g) ice cubes

## Triple Red

2 servings | Total time: 5 minutes

- 2 cups (480 ml) water
- 2 (240 g) medium beets, washed, steamed, halved
- 1 cup (150 g) frozen cherries
- 1 cup (150 g) frozen strawberries

## Mango Yogurt Green

2 servings | Total time: 5 minutes

- 1 ½ cups (210 g) frozen mango
- 1 cup (230 g) plain yogurt of choice
- ½ cup (15 g) fresh spinach
- 1 (¼-inch thick) slice fresh turmeric (5g), peeled
- 1 (¼-inch thick) slice fresh ginger root (5g), peeled

You can substitute two teaspoons powdered ginger or turmeric for five grams of fresh! 🍋

For these smoothies, simply add ingredients in the order listed and blend on the highest speed for 30 seconds or until smooth!

## OMG

2 servings | Total time: 5 minutes

- 1 cup (240 ml) milk of choice
- 1 cup (60 g) kale
- ½ banana, peeled
- ½ orange, peeled
- 1 ½ cups (210 g) frozen mango
- 1 Tablespoon ground flaxseed meal (optional)

*Loading order is important, especially for protein shakes. Be sure to add ingredients in the order listed (and blend for 30 seconds or until smooth)!*

## PB&J Protein Shake

2 servings | **Total time:** 5 minutes

1 cup (240 ml) milk of choice  
1 Tablespoon peanut butter  
1 scoop vanilla protein powder  
½ cup (75 g) frozen blueberries  
½ cup (75 g) frozen strawberries

## Apple Pie Shake

2 servings | **Total time:** 5 minutes

1 cup (240 ml) milk of choice  
1 apple, cored, halved  
1 scoop vanilla protein powder  
¼ cup (22 g) rolled oats  
½ teaspoon cinnamon  
1 pitted date  
1 frozen banana, peeled, halved  
1 cup (210 g) ice cubes

## Tropical Mango Shake

2 servings | **Total time:** 5 minutes

1 cup (240 ml) milk of choice  
1 scoop vanilla protein powder  
1 cup (140 g) frozen mango  
1 banana, peeled (optional)

## Green Protein Shake

2 servings | **Total time:** 5 minutes

1 cup (240 ml) milk of choice  
1 scoop vanilla protein powder  
1 frozen banana, peeled, halved  
¼ cup (22 g) rolled oats  
1 cup (30 g) baby spinach  
½ cup (105 g) ice cubes

## Cake Batter Shake

2 servings | **Total time:** 5 minutes

1 ¾ cups (420 ml) milk of choice  
1 Tablespoon vanilla extract  
¼ cup (22 g) rolled oats  
2 pitted dates  
1 frozen banana, peeled, halved  
1 ¼ cups (262 g) ice cubes

**Level-up your PB&J shake by drizzling peanut butter around the inside of your cup! 🍯**



## Strawberry Chocolate Shake

2 servings | Total time: 5 minutes

1 cup (240 ml) milk of choice  
1 scoop chocolate protein powder  
¼ cup (22 g) rolled oats  
1 cup (150 g) frozen strawberries

## Peanut Butter Cup Shake

2 servings | Total time: 5 minutes

1 cup (240 ml) milk of choice  
1 Tablespoon peanut butter  
1 scoop chocolate protein powder  
¼ cup (22 g) rolled oats  
1 frozen banana, peeled, halved  
½ cup (105 g) ice cubes

## Red Velvet Shake

2 servings | Total time: 5 minutes

1 ½ (360 ml) milk of choice  
1 teaspoon vanilla extract  
1 scoop chocolate protein powder  
¼ cup (22 g) rolled oats  
1 frozen banana, peeled, halved  
1 cup (150 g) frozen cherries  
1 cup (210 g) ice cubes

## Mocha Shake

2 servings | Total time: 5 minutes

1 ½ cups (360 ml) strong coffee  
½ cup (120 ml) milk of choice  
1 scoop chocolate protein powder  
1 frozen banana, peeled, halved  
1 cup (210 g) ice cubes

*Instructions for these protein shakes: Add ingredients in the order listed and blend for 30 seconds or until smooth!*



**Three steps to perfect frozen bananas: Peel, slice, and freeze (in an airtight container)!**



## Fancy Tomato Soup

8 servings | **Total time:** 15 minutes

1 ½ cups (360 ml) water  
28 ounces (300 g) canned diced tomatoes  
2 medium roma tomatoes  
1 medium carrot, halved  
½ cup (70 g) jarred sun-dried tomatoes, drained  
1 (¼-inch thick) slice onion, peeled  
1-2 garlic cloves, peeled  
1-2 Tablespoons fresh thyme leaves  
½ cup (120 ml) milk of choice  
Salt & pepper to taste  
1 teaspoon ground flaxseed meal (optional)

Place all ingredients into blender or food processor and process at high speed for 60 seconds or until smooth. Pour into a large saucepan and cook over medium heat until hot.

## Broccoli "Cheese" Soup

8 servings | **Total time:** 15 minutes

1 head broccoli, steamed, set aside  
**"CHEESE"**  
1 cup (240 ml) milk of choice  
¼ cup (20 g) nutritional yeast  
½ cup (70 g) raw almonds  
½ cup (70 g) raw cashews  
1 large red bell pepper, stemmed, seeded, quartered  
1 ½ teaspoons salt  
½ teaspoon garlic powder  
1 teaspoon onion powder  
Crushed red pepper to taste


### SOUP

1 cup (240 ml) vegetable broth  
¼ teaspoon nutmeg  
7 ounces (200 g) tofu

Add "CHEESE" ingredients to blender or food processor. Process at high speed for 60 seconds. Add SOUP ingredients. Process at high speed for another 60 seconds. Add steamed broccoli. Pulse on low speed about 5 times. Pour into a large saucepan and heat on medium until hot.

If you have a high-performance blender, skip the saucepan step, and simply blend on high speed for five minutes or until heavy steam escapes the vented lid.





This Sweet Potato Soup is great with peanuts on top (when you're back to chewing solids)!

## Lucky Farmer Soup

8 servings | Total time: 15 minutes

8 celery stalks, halved  
2 garlic cloves, peeled  
1 large russet potato, peeled, steamed, and halved  
1 (¼-inch thick) slice onion, peeled  
4 cups (960 ml) vegetable broth  
½ cup (70 g) raw cashews  
Pepper to taste  
½ teaspoon salt (optional)

Place all ingredients into blender or food processor and process at high speed for 60 seconds or until smooth. Pour into a large saucepan and cook over medium heat until hot. (If you have a high-performance blender, simply blend on high speed for 5 minutes or until heavy steam escapes the vented lid.)

## Sweet Potato Fusion Soup

8 servings | Total time: 45 minutes

2 sweet potatoes, peeled, cut into 2-inch pieces  
1 yellow onion, peeled, diced  
2 poblano peppers, seeded, quartered  
4 garlic cloves, peeled  
1½ cups (360 ml) water  
1½ cups (360 ml) canned full fat coconut milk  
1 cup (30 g) baby spinach

In a large saucepan over medium heat, cook first 5 ingredients for 10 minutes. Add coconut milk and simmer for 15 minutes. Remove from heat and let cool for 5 minutes.

Transfer mixture to blender or food processor. Process at high speed for 60 seconds.

Return pureed soup back into saucepan. Simmer over low heat and add spinach, stirring for 1 minute (or until slightly wilted).

## 1-Pot No-Bean Chili

8 servings | Total time: 60 minutes

2 Tablespoons olive oil  
1 medium onion, peeled, chopped  
3 garlic cloves, peeled  
1 large red bell pepper, seeded, chopped  
4 cups (960 ml) vegetable broth  
1 Tablespoon chili powder  
½ teaspoon cinnamon  
½ teaspoon salt  
28 ounces (300 g) canned diced tomatoes  
1 cup (200 g) lentils, rinsed  
½ cup (85 g) quinoa, rinsed

In a large pot, sauté onion, garlic, and red pepper in oil. Add broth, spices, tomatoes, lentils, and quinoa. Cover and reduce heat to low and cook for 30 minutes. Remove from heat and let cool for 10 minutes. Add mixture to blender or food processor and process at medium speed for 30 seconds. Pour back into pot and reheat for 5–10 minutes.



For these ice creams, add ingredients in order listed and process at high speed in 1-minute increments, breaking to mix by hand. (If you're using a high-performance blender, process at high speed and use the tamper to push the ingredients into the blade until smooth.)



## Piña Colada Ice Cream

4 servings | Total time: 10 minutes

1 cup (240 ml) canned full fat coconut milk  
1 orange, peeled  
2 cups (260 g) frozen pineapple chunks  
1 frozen banana, peeled, halved  
2 pitted dates

Freeze pre-portioned scoops! When you're ready, just thaw on the counter for five minutes!

## Berry Lime Sorbet

4 servings | Total time: 10 minutes

1½ cups (225 g) frozen strawberries  
1½ cups (225 g) frozen raspberries  
¾ cup (180 ml) milk of choice  
Lime juice from ½ lime  
⅓ cup (80 ml) maple syrup

## Chocolate Ice Cream

4 servings | Total time: 30 minutes

½ cup (120 ml) coffee, brewed (regular or decaf)  
½ cup (120 g) dark chocolate chips  
2 Tablespoons cocoa powder  
¼ teaspoon salt  
½ teaspoon vanilla  
3 pitted dates  
½ cup (70 g) raw cashews  
1 cup (240 ml) canned full fat coconut milk  
4 cups (840 g) ice cubes

**PREP** Pour coconut milk into an ice cube tray and freeze until solid.

**CHOCOLATE** Into a small saucepan, add coffee and chocolate chips. Heat on low while stirring until almost smooth. Stir in cocoa powder, salt, and vanilla.

**MIX** Pour the warm chocolate mixture into blender or food processor. Add dates and cashews. Process at high speed for 60 seconds until smooth. Let cool.

**ICE IT** Add coconut milk cubes and ice to the cooled mixture. Process at high speed until desired consistency.





Chilling pudding sets the temperature *and* the texture. So chill as described for best results!

## Avocado Chocolate Pudding

8 servings | **Total time:** 15 minutes

2 avocados, halved, pitted, and peeled  
⅓ cup (80 g) milk of choice  
⅓ cup (80 g) coffee, brewed (regular or decaf)  
15 pitted dates  
¼ cup (25 g) dried unsweetened coconut  
6 Tablespoons cocoa powder

Add ingredients in order listed to blender container. Blend on highest speed for 1 minute then pour into desired serving dishes. Best served chilled for at least 1 hour.

## Peanut Butter Cup Pudding

8 servings | **Total time:** 15 minutes

2 cups (480 ml) milk of choice  
3 Tablespoons cornstarch  
½ cup (125 g) salted peanut butter  
1 teaspoon vanilla extract  
3 Tablespoons maple syrup  
Salt to taste

Add ingredients in order listed to blender container. Blend on highest speed for 60 seconds or until smooth. Pour into a small saucepan and cook over low heat until thickened. (If you have a high-performance blender, simply blend on high speed for 5 minutes or until heavy steam escapes the lid). Pour into desired serving dishes. Best served chilled for at least 2 hours.

## Strawberry Cheesecake Chia Pudding

8 servings | **Total time:** 15 minutes

1 cup (240 ml) milk of choice  
1 cup (180 g) strawberries  
1 Tablespoon maple syrup  
1 teaspoon vanilla extract  
¼ cup (35 g) raw cashews  
1 (¼-inch thick) slice lemon, peeled  
3 Tablespoons chia seeds

Add ingredients in order listed to blender container except for the chia seeds. Blend on highest speed for 1 minute. Stir in the chia seeds by hand. Pour into desired serving dishes. Refrigerate overnight before serving cold.



For an extra creamy texture, blend in one tablespoon of ice water and repeat until desired consistency.

## Green Goddess Hummus

4 servings | Total time: 5 minutes

15 ounces (425 g) chickpeas, drained\*  
½ cup (120 ml) tahini  
1 lemon, peeled  
4–6 garlic cloves, peeled  
1 teaspoon cumin  
¼ cup (57 g) ice water  
2 teaspoons capers  
¼ cup (15 g) parsley, stemmed  
¼ cup (15 g) chives  
1 cup (30 g) spinach  
Salt & pepper to taste

Add ingredients in order listed to blender container or food processor. Process on high speed for 1 minute or until smooth.

## Sun-Dried Tomato Basil Protein Purée

4 servings | Total time: 5 minutes

15 ounces canned white cannellini beans, drained  
¼ lemon, peeled  
2 garlic cloves, peeled  
¼ cup (60 ml) olive oil  
4 Tablespoons dried sun-dried tomatoes  
6 fresh basil leaves  
½ cup (50 g) cauliflower  
Salt & pepper to taste

Add ingredients in order listed to blender container or food processor. Process on high speed for 1 minute or until smooth.

## Thai Curry Hummus

4 servings | Total time: 5 minutes

15 ounces canned chickpeas, drained\*  
¼ cup (60 ml) canned full fat coconut milk  
2 Tablespoons olive oil  
1 Tablespoon tahini  
1 (¼-inch thick) slice jalapeno, seeded  
¼ lime, peeled  
1 pitted date  
2 garlic cloves, peeled  
1 ½ teaspoons curry powder  
½ teaspoon salt

Add ingredients in order listed to blender container or food processor. Process on high speed for 1 minute or until smooth.



*\*Aquafaba is the liquid from a can of chickpeas. It's a popular, tasteless egg substitute for keeping your pancakes 100% plant-based. Simply drain a can of chickpeas into a airtight container and store in the fridge for up to 3 weeks!*

## Oatmeal Pumpkin Pancakes

4 servings | **Total time:** 15 minutes

- 1 ½ cups (135 g) rolled oats
- ¾ cup (184 g) canned pumpkin puree
- 1 cup (240 ml) milk of choice
- 1 egg, or ¼ cup (60 ml) aquafaba\*
- ¾ tsp. baking powder
- ¼ teaspoon cinnamon
- 2 teaspoons vanilla extract
- ¼ teaspoon pumpkin spice
- 2 pitted dates

Add ingredients in order listed to blender container. Process at medium speed for 30 seconds. Onto a medium hot pan, add ¼ cup (30 ml) of batter. Gently flip when bottom-side is browned or when you see bubbles.

**Oats are loaded with fibers, minerals, and nutrients that not only boost the immune system, but can help reduce stress. Great alternative to traditional flours!**

## Blueberry Oatmeal Pancakes

4 servings | **Total time:** 15 minutes

- 1 ½ cups (135 g) rolled oats
- 1 banana, peeled
- 1 cup (240 ml) milk of choice
- 1 egg, or ¼ cup (60 ml) aquafaba\*
- ¾ teaspoon baking powder
- ½ teaspoon cinnamon
- 2 teaspoons vanilla extract
- 2 pitted dates
- ½ cup (80 g) frozen blueberries

Add ingredients in order listed to blender container except for blueberries. Process at medium speed for 30 seconds. Add ¼ cup (30 ml) of batter onto medium hot pan. Place blueberries onto cooking pancakes. Gently flip when bottom-side is browned or when you see bubbles.


## Oatmeal Chocolate Chip Muffins

4 servings | **Total time:** 25 minutes

- 1 ripe banana, peeled
- ½ cup (120 ml) milk of choice
- ½ Tablespoon apple cider vinegar
- 2 Tablespoons maple syrup
- ½ teaspoon vanilla extract
- 2 Tablespoons peanut butter
- 1 cup (88 g) rolled oats
- ½ teaspoon cinnamon
- 1 teaspoon baking powder
- ¼ teaspoon baking soda
- pinch of salt
- ¼ cup (40 g) chocolate chips

Heat oven to 350°F. Add ingredients in order listed to blender container except for the chocolate chips. Process on high for 45 seconds. Stir in the chocolate chips by hand. Into greased muffin tray, pour batter about ¾ full. Bake minis for 9–11 minutes and traditional for 20–25 minutes. Makes 12 mini muffins or 4 traditional muffins.





**Instructions for homemade nut butter:** Add ingredients in order listed to blender container or food processor. Process at high speed for 1-2 minutes or until smooth.

## Apple Cinnamon Walnut Butter

8 servings | Total time: 5 minutes

2 cups (125 g) raw unsalted walnuts  
½ cup (60 g) dried unsweetened apples, chopped  
2 Tablespoons oil of choice  
1 ½ teaspoons cinnamon  
½ teaspoon salt

## Monkey Butter

8 servings | Total time: 5 minutes

3 cups (375 g) raw unsalted cashews  
1 cup (150 g) dry roasted unsalted peanuts  
1 cup (72 g) dried banana chips  
1 teaspoon vanilla extract  
1 ½ teaspoons cinnamon  
2 Tablespoons maple syrup

## 10-BLEND CHALLENGE!

- Fruit Smoothie
- Green Smoothie
- Vanilla Protein Shake
- Chocolate Protein Shake
- Hot Soup
- Ice Cream
- Protein Pudding
- Protein Purée (hummus!)
- Pancake or Muffin
- Nut Butter

Take a pic of you and your blends and tag us at [@blendingforgood](https://www.instagram.com/blendingforgood)

## NOTES



You've received your post-operative instructions. Ice, gauze, etc. But the food in this book are going to help you feel less uncomfortable right away. You gotta try the "cheese" soup!  
- Oral Surgeon, Luke A. McMahon, D.D.S.

You're going to be a little uncomfortable after an appointment, but you shouldn't be hungry. And as someone who appreciates good food, I can tell you that these recipes are amazing. It's like a Michelin star menu of soft-food recipes. Love this book!  
- Orthodontist, Geoff Sudit, DDS, MS

## COMFORT FOOD FOR ORAL HEALTH PATIENTS

Dear patient or caregiver, Science says loneliness makes your brain react similar to that of physical pain. So for some instant relief, grab two cups and enjoy one of these drinks with someone. Anyone! And the best way to make it happen? Use the "8-minute-ask" trick. It's enough time to connect on a deep level and an easy "yes" for even the busiest bee. "Just say, do you have time for an 8-minute soft-food date?" After the time is up, promptly go your separate ways. Try it!  
- Shalva and Lenny Gale of Blending For Good

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