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Blenderized & Orthognathic **(NO-CHEW) DIET COOK BOOK**



Recipes Adapted And Compiled By:
The Plastic & Oral Surgery Clinical Team at
Boston Children's Hospital



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After orthognathic surgery such as a Le Fort osteotomy, oro-nasal fistula/alveolar cleft surgery, SARPE and other upper, lower and midfacial procedures, your doctor will likely recommend a modification of your diet during your recovery period. This allows for proper alignment and healing of the boney structures involved.

Typically a clear liquid diet is recommended immediately postoperatively. Clear liquids include water, clear juices, Jell-O, Italian ice, popsicles (off the stick), clear broth, ginger ale, lemonade and clear decaf tea.

Per your surgeon's instructions, you will then advance to a blenderized, full liquid diet. There are smoothies and soups in this book that would qualify as blenderized but really

anything that you can put in a blender is fair game. Once you have seen your surgeon postoperatively you may later then be cleared to begin an "Orthognathic Diet" or a "No-Chew Diet". This will include any soft, solid foods that you can safely eat without chewing. It can be helpful to practice eating very soft foods without chewing prior to your surgery. Children who are not able to consistently follow these guidelines may need to continue with purely blenderized foods throughout their recovery. At the beginning stages of your recovery, you will need to use a cup, spoon, or large syringe to eat as straws are not recommended for at least 2 weeks postoperatively. For more information see the Orthognathic Diet teaching sheet given to you by your healthcare team and call with any questions.

IMPORTANT CONSIDERATIONS

FOODS TO AVOID DURING RECOVERY:

Foods with small seeds (examples: strawberries, chia seeds) until at least one week post-surgery.

Avoid any foods with a crunchy texture or any foods that require chewing.

BLENDERIZED DIET:

You will be on a blenderized diet postoperatively. Please follow your surgeon's specific recommendations. The following are some suggestions for smoothies, milkshakes, and soups, but any foods can be put into a blender and puréed. Use gravy, milk, broth or other liquids to loosen foods as necessary. Your surgeon will let you know when it is safe for you to move on from a purely blenderized diet.



SMOOTHIES & MILKSHAKES



SMOOTHIES & MILKSHAKES

SMOOTHIE FORMULA



1.5 CUPS

Greens: spinach, kale



1.5 CUP

Fresh or frozen fruit: apples, peaches, cherries, strawberries

(after one week post-surgery due to seeds), blueberries, avocado, bananas (frozen bananas create creamy texture)

OPTIONAL



Extra fiber: dates, prunes, chia seeds (if one week post-surgery)



Protein and extra calories (optional): greek yogurt made with whole milk, protein powder, smooth nut butters, and chia seeds (after one week post-surgery)



Sweeteners (optional): bananas, agave, maple syrup

SMOOTHIES & MILKSHAKES

MILKSHAKE FORMULA



3 SCOOPS

Softened ice cream or frozen yogurt



1/4 CUP

Milk

OPTIONAL



Chocolate syrup, smooth peanut butter and/or fruit



SOUP FOR THE SOUL



SOUP BROCCOLI CHEDDAR



1 TBSP
Melted butter



1/2 CUP
Medium chopped onion



1/4 CUP
Flour



2 CUPS
Half & half cream



2 CUPS
Chicken stock



1/2 LB (ABOUT 1 CUP)
Fresh broccoli



1 CUP
Carrot



1/4 TSP
Grated nutmeg



8 oz
Grated sharp cheddar cheese

Salt and pepper to taste

DIRECTIONS:

Sauté the onion in 1 tbsp melted butter and set aside. In a large pot, whisk together the melted butter and flour over medium heat for about 3-4 minutes. Slowly whisk in the half-and-half and chicken stock. Let it simmer for about 20 minutes. Add the broccoli, carrots, and onions. Let them simmer on medium-low for about 25 minutes until the broccoli and carrots are tender. Purée in blender until smooth. Add nutmeg, salt and pepper, and sharp cheddar cheese.

SOUP LOADED BAKED POTATO



4
Large baking potatoes
(Idaho or Russet)



12 Slices
Thick-cut applewood
smoked bacon



1/2 CUP
All-purpose flour



6 CUPS
2% Low-fat milk, heated



5 oz.
Sharp cheddar
cheese, grated



4 oz.
Sour cream

Salt and pepper
to taste

DIRECTIONS:

Preheat oven to 350 degrees. Place the potatoes on a roasting tray and bake for 45 minutes. When done, the tip of a paring knife should go through the potatoes easily. Slice the bacon into thin strips and cook in a large, heavy bottomed pot over medium heat until crisp. Remove the bacon from the pot with a slotted spoon and set aside, leaving the drippings in the pot. Add the flour to the drippings in the pot and stir to combine. Cook, without adding color, until the flour and fat have combined, about 1 minute. Pour in the milk while you whisk to incorporate. Cook over medium heat until bubbly and thickened, stirring frequently, about 15 minutes. Scoop out the potato pulp from the skins and add to the milk mixture. Carefully blenderize until smooth. Add 1 cup of the cheese, and season well with salt and pepper. Stir until cheese has melted and remove from heat. Ladle the soup into bowls, drizzle with sour cream and/or cheese. **Bacon should not be re-added as a topping due to crunchy texture.*



SOUP

ROASTED CAULIFLOWER



-  **2 HEADS**
Cauliflower, broken into Florets
-  **1 LARGE**
Onion
-  **6 CUPS**
Water
-  **1 CUP**
Olive oil
- Salt and pepper to taste

DIRECTIONS:

Place the cauliflower florets into a large bowl of lightly salted water; allow to stand for 20 minutes. Drain well, and arrange on a sheet of heavy aluminum foil on a baking sheet. Spray the olive oil cooking spray evenly on the cauliflower. Preheat the oven’s broiler and set the oven rack about 6 inches from the heat source. Broil the cauliflower until browned, 20-30 minutes. Meanwhile, heat olive oil in a large soup pot, and cook the onion until translucent, about 5 minutes; stir in the garlic and roasted cauliflower. Pour in the water, season with salt and pepper, and simmer until all the vegetables are tender, about 30 minutes. Blend the soup in the pot with an immersion hand blender until creamy and smooth.

SOUP

CURRIED SQUASH

-  **4 TBSP**
Unsalted butter
-  **2 CUPS**
Finely chopped yellow onions
-  **4-5 TSPS**
Curry powder
-  **2 Medium (About 3 LBS)**
Butter squash
-  **2**
Apples - peeled, cored and chopped
-  **3 CUPS**
Chicken stock
-  **1 CUP**
Apple juice
- Salt and pepper to taste

DIRECTIONS:

Melt the butter in a large, heavy pot over low heat. Add the onions and curry powder and cook, covered, until the onions are tender, about 25 minutes. Meanwhile, peel the squash (a regular vegetable peeler works best). Cut in half horizontally, scrape out the seeds, and chop the flesh. When the onions are tender, pour in the stock, add the squash and chopped apples, and bring to a boil. Reduce the heat and simmer, partially covered, until the squash and apples are very tender, about 25 minutes. Pour the soup through a strainer, reserving the liquid, and transfer the solids to a food processor, or use a food mill with a medium disc. Add 1 cup of the cooking stock and process until smooth. Return the puréed soup to the pot and add the apple juice and about 2 cups more stock, until soup is of the desired consistency. Season with salt and pepper, simmer briefly to heat through.



BREAKFAST

ORTHOGNATHIC (NO-CHEW) DIET


Once you have seen your surgeon postoperatively you may later then be cleared to begin an “Orthognathic Diet” or a “No-Chew Diet”. This will include any soft, small foods that you can safely eat without chewing.




BREAKFAST

EGG SCRAMBLES


 **2**
Eggs

 **2 TBSP**
Milk or cream

 **1 TSP**
Butter

Salt and pepper to taste

OPTIONAL

 Avocado, cheese, mashed up/
soft vegetables, salsa, buffalo
sauce, ketchup

DIRECTIONS:


In a bowl, whisk the eggs, milk, and salt until smooth. Melt the butter in a non-stick pan over low heat. Pour in the eggs and stir continuously with a silicone spatula. Cook gently, stirring in small circles and folding the eggs, until they are soft and slightly runny. Remove from heat immediately (they'll continue cooking from residual heat). For extra softness, you can blend the eggs briefly before cooking or stir in a little more milk at the end. You can also add a bit of melted cheese or cream cheese for a smoother texture.


BREAKFAST

CREAMY OATMEAL (OR
CREAM OF WHEAT)
WITH MIX-INS

 **1/2 CUP**
Oatmeal
(or cream of wheat)

 **1 CUP**
Milk or water

 **1 TBSP**
Smooth nut butter, hazelnut
spread, or apple butter

 **2 TBSP**
Puréed fruit (banana,
applesauce, or berries)

DIRECTIONS:

Cook oatmeal or Cream of Wheat according to package instructions, using milk or water. Stir in smooth nut butter, hazelnut spread, or apple butter for flavor. Mix in puréed fruit for natural sweetness. Serve warm and smooth for easy eating.



BREAKFAST

COTTAGE CHEESE OR YOGURT MIX-IN



1/2 CUP
Cottage cheese (blend for a smoother texture if needed)



1/2 CUP
Greek or regular yogurt



2 TBSP
Puréed fruit (mango, banana, or berries)



1 TBSP
Nut butter or hazelnut spread for creaminess



1 TSP
Apple butter for a touch of spice and sweetness

DIRECTIONS:

Mix the base with your preferred add-ins until smooth. If needed, blend for an even softer texture. Serve chilled.

BREAKFAST

CRUSTLESS QUICHE



6
Eggs



1 CUP
Milk



1 CUP
Grated cheese (cheddar, swiss, or, mozzarella)

OPTIONAL



2 TBSP
Parmesan cheese



1 CUP
Soft ground meats, soft vegetables

DIRECTIONS:

Preheat your oven to 350 degrees. Whisk together all the ingredients. Pour the egg mixture into a pie dish and bake uncovered for about 45 minutes or until the center is set.



BREAKFAST

BANANA OATMEAL PROTEIN PANCAKES



1/2 CUP

Old-fashioned rolled oats



1/2

Medium banana



1/2 TSP

Vanilla extract



1 TSP

Baking powder



1/2 TSP

Cinnamon



1

Egg



1/2 CUP

Low fat cottage cheese

OPTIONAL ADD-INS/TOPPINGS:

Fresh berries, chocolate chips, smooth peanut butter

DIRECTIONS:

Place all ingredients in a blender and blend until completely smooth, about 30 seconds. Lightly coat a large, nonstick skillet or griddle with nonstick cooking spray and heat over medium-low heat. Drop batter by $\frac{1}{2}$ cup onto skillet. Add desired toppings. Cook until bubbles appear on top. Flip cakes and cook until golden brown on each side. Wipe skillet clean and repeat with more cooking spray and remaining batter. (Be sure to cut into very small pieces and use syrup and/or puréed fruit to make them easy to eat without chewing).




LUNCH & DINNER



LUNCH & DINNER

BUFFALO CHICKEN DIP

-  **2 PACKAGES**
Cream cheese, softened (8 oz. Each)
-  **2 CUPS**
Shredded chicken
-  **1 CUP**
Buffalo or hot Sauce (more or less to taste)
-  **1 CUP**
Blue cheese or ranch dressing
-  **1 CUP**
Shredded mozzarella cheese (4 oz)
-  **1/2 CUP**
Crumbled blue cheese (2 oz)

DIRECTIONS:
In slow cooker, add cream cheese and 1 cup of the chicken. Top with ½ cup of the hot sauce and ½ cup of the dressing. Top with remaining 1 cup chicken, ½ cup hot sauce and ½ cup dressing. Sprinkle mozzarella cheese and blue cheese over top. Cover and cook on low heat setting for approximately 2 hours or until warmed through and cheese is melted.

LUNCH & DINNER

HOMEMADE HUMMUS

-  **2 CUPS**
Drained, well-cooked, or canned chickpeas liquid reserved
-  **1/2 CUP**
Tahini (Sesame paste), optional, with some of its oil
-  **1/4 CUP**
Extra virgin olive oil, plus oil for drizzling
-  **2**
Cloves of garlic
-  **1 TSP**
Ground cumin or paprika, or to taste, plus a sprinkling for garnish
-  **1**
Lemon, juiced (add more as needed)










Salt and pepper to Taste

DIRECTIONS:
Place all ingredients into a food processor and begin to process; add the chickpea liquid or water as needed to allow the machine to produce a smooth purée. Taste and adjust the seasoning (I often like to add much more lemon juice). Serve, drizzled with the olive oil and sprinkled with a bit more cumin or paprika. Try adding in other flavors and/or spices (Ex. Hot sauce, ranch seasoning, avocado, very soft/ mashed roasted red peppers, etc.)



LUNCH & DINNER

MEXICAN FIESTA

- **1 LB**
Ground beef
- **2/3 CUP**
Water
- **1 Envelope**
Taco seasoning
- **2**
Avocados, medium ripe, peeled and pitted
- **2 TBSP**
Red onion, very finely chopped
- **3**
Cloves of garlic, minced
- **2 CUPS**
Shredded cheddar cheese (8 oz)
- **1 CUP**
Salsa
- **2 CUPS**
Sour cream (16 oz)









DIRECTIONS:

In a small skillet, cook beef over medium heat until no longer pink, breaking into very small pieces; drain. Stir in water and taco seasoning. Bring to a boil; cook and stir for 2 minutes. Cool slightly.

In a small bowl, mash avocados. Layer with beef, avocado mixture, cheese, salsa, and sour cream.

LUNCH & DINNER

EASY POLENTA LASAGNA

- **1 (16 oz Tube)**
Polenta, cut crosswise into 12 Slices
- **1 (10 oz Package)**
Frozen chopped spinach (thawed, drained, and squeezed dry)
- **1 CUP**
Very soft, shredded or ground meat (turkey, beef, chicken, etc.)
- **1**
Egg, large
- **1 Cup**
Marinara sauce
- **1/2 CUP**
Parmesan cheese, finely shredded (2 oz)
- **1/2 CUP**
Mozzarella cheese, shredded
- **1 1/4 CUP**
Ricotta cheese


DIRECTIONS:


Preheat oven to 400. Arrange polenta slices in an 11x7-inch baking dish coated with cooking spray. Combine ricotta cheese, spinach, meat (if desired) and egg in a medium bowl. Season mixture with salt and pepper to taste. Spread over polenta; spoon marinara sauce evenly over ricotta cheese mixture. Cover with foil; bake at 400 for 30 minutes. Uncover; sprinkle with Parmesan cheese. Bake an additional 5 minutes or until cheese melts.





LUNCH & DINNER


SLOPPY JOE’S


- 


1 LB
Ground beef
- 


1
Small onion,
very finely chopped
- 


1 (8 oz) CAN
Tomato sauce
- 


1/2 CUP
Ketchup
- 

1 TBSP
Brown sugar
- 

1 TSP
Ground mustard
- 

1 TBSP
White vinegar
- 

1 TBSP
Worcestershire sauce
- 


1/4 TSP
Salt
- 


1/8 TSP
Pepper


DIRECTIONS:
In a large saucepan or Dutch oven, over medium-high heat, combine beef and onion. Cook until the meat is mostly browned and broken into very small pieces, about 5 minutes. Drain well. Meanwhile, in a small bowl, whisk together tomato sauce, ketchup, brown sugar, mustard, vinegar, Worcestershire, salt, and pepper. Pour sauce ingredients over drained beef and stir until evenly coated. Cover and simmer 20 minutes, stirring occasionally.


LUNCH & DINNER


PASTINA WITH EGG & CHEESE

- 

1/4 CUP
Pastina
- 

1/4 TSP
Salt
- 

1
Egg, lightly beaten
- 

1 TSP
Butter
- 

1 TBSP
Freshly grated parmesan cheese
- Fresh ground pepper to taste

DIRECTIONS:
Bring 1 cup of water to boil in small saucepan. Add pastina and salt, and cook until most of the water is absorbed, approximately 3-4 minutes. Turn off heat and stir in egg, letting it cook in the hot pasta. Add butter, cheese, and pepper.







LUNCH & DINNER

SOUTHERN CHICKEN-CORNBREAD CASSEROLE

CASSEROLE

- **3 CUPS**
Shredded cooked chicken breast
- **1 TSP**
Poultry seasoning
- **1/4 TSP**
Garlic powder
- **1 1/2 CUP**
Sour cream
- **1 CUP**
Milk
- **2 CUPS**
Shredded cheddar cheese (8 oz)

CORNBREAD TOPPING

- **1 POUCH**
Cornbread mix (6.5 oz)
- **1 CAN**
Cream style sweet corn (14.75 oz)
- **1**
Egg
- **1 TBSP**
Butter, melted

DIRECTIONS:

Heat oven to 400. Spray 13x9-inch glass baking dish with cooking spray. In large bowl, mix chicken, poultry seasoning, garlic powder, sour cream, and milk. Season well with salt and pepper. Fold in cheese and green onions. Spoon mixture evenly into dish.







Make cornbread mix as directed on pouch, substituting cream style corn for the milk, and adding the egg and melted butter. Spread evenly over chicken mixture. Bake about 30 minutes until cooked through but not until crunchy/hard on top.

LUNCH & DINNER

POTATO MASHES

- **2 CUPS**
Mashed potatoes

OPTIONAL

- **1/2 CUP**
Shredded turkey / cooked ground beef
- **1/4 CUP**
Stuffing
- **1/4 CUP**
Gravy
- **2 TBSP**
Cranberry sauce
- **1/2 CUP**
Mashed vegetables
- **2 TBSP**
Brown sugar
- **1/2 TSP**
Cinnamon
- **1 TBSP**
Butter

DIRECTIONS:

Thanksgiving Style: cranberry sauce, gravy, shredded turkey, stuffing

Shepherd's Pie Style: ground beef, mashed vegetables, gravy

Sweet Potato: cinnamon, brown sugar



DESSERT

CRUSTLESS PUMPKIN PIE

BROWN SUGAR TOPPING

- **1/4 CUP**
Packed brown sugar
- **1/4 CUP**
Quick-cooking oats
- **1 TBSP**
Margarine, softened

PUMPKIN PIE

- **1 CAN (16 oz)**
Pumpkin purée
- **1 CAN (12 oz)**
Evaporated skimmed milk
- **3**
Egg whites or 1/2 cup fat-free cholesterol-free egg product
- **1/2 CUP**
Granulated sugar
- **1/2 CUP**
All-purpose flour
- **1 1/2 TSP**
Pumpkin pie spice
- **3/4 TSP**
Baking powder
- **1/8 TSP**
Grated orange peel

DIRECTIONS:
Heat oven to 350. Spray pie plate, 10x1½ inches, with nonstick cooking spray. In small bowl, mix all brown sugar topping ingredients; set aside. Place all pumpkin pie ingredients in blender or food processor in order listed. Cover and blend until smooth. Pour into pie plate. Sprinkle with topping. Bake 50-55 minutes or until knife inserted in center comes out clean. Cool 15 minutes. Refrigerate about 4 hours or until chilled.

DESSERT

CHOCOLATE LAVA CAKE

- **1 STICK**
Butter
- **2 oz**
Bittersweet chocolate
- **2 oz**
Semisweet chocolate
- **1 1/4 CUP**
Powdered sugar
- **2**
Whole eggs
- **3**
Egg yolks
- **1 TSP**
Vanilla
- **1/2 CUP**
All-purpose flour
- Baking spray, for spraying custard cups. Vanilla ice cream, for serving

DIRECTIONS:
Preheat oven to 425. Spray 4 custard cups with baking spray and place on a baking sheet. Microwave butter, bittersweet chocolate, and semisweet chocolate in a large bowl, on high, until butter is melted, approximately 1 minute. Whisk until the chocolate is also melted. Stir in the sugar until well blended. Whisk in the eggs and egg yolks, then add the vanilla. Stir in the flour. Divide the mixture among the custard cups. Bake until the sides are firm and the centers are soft, about 13 minutes. Let stand 1 minute. Invert on individual plates while warm and serve with vanilla ice cream.