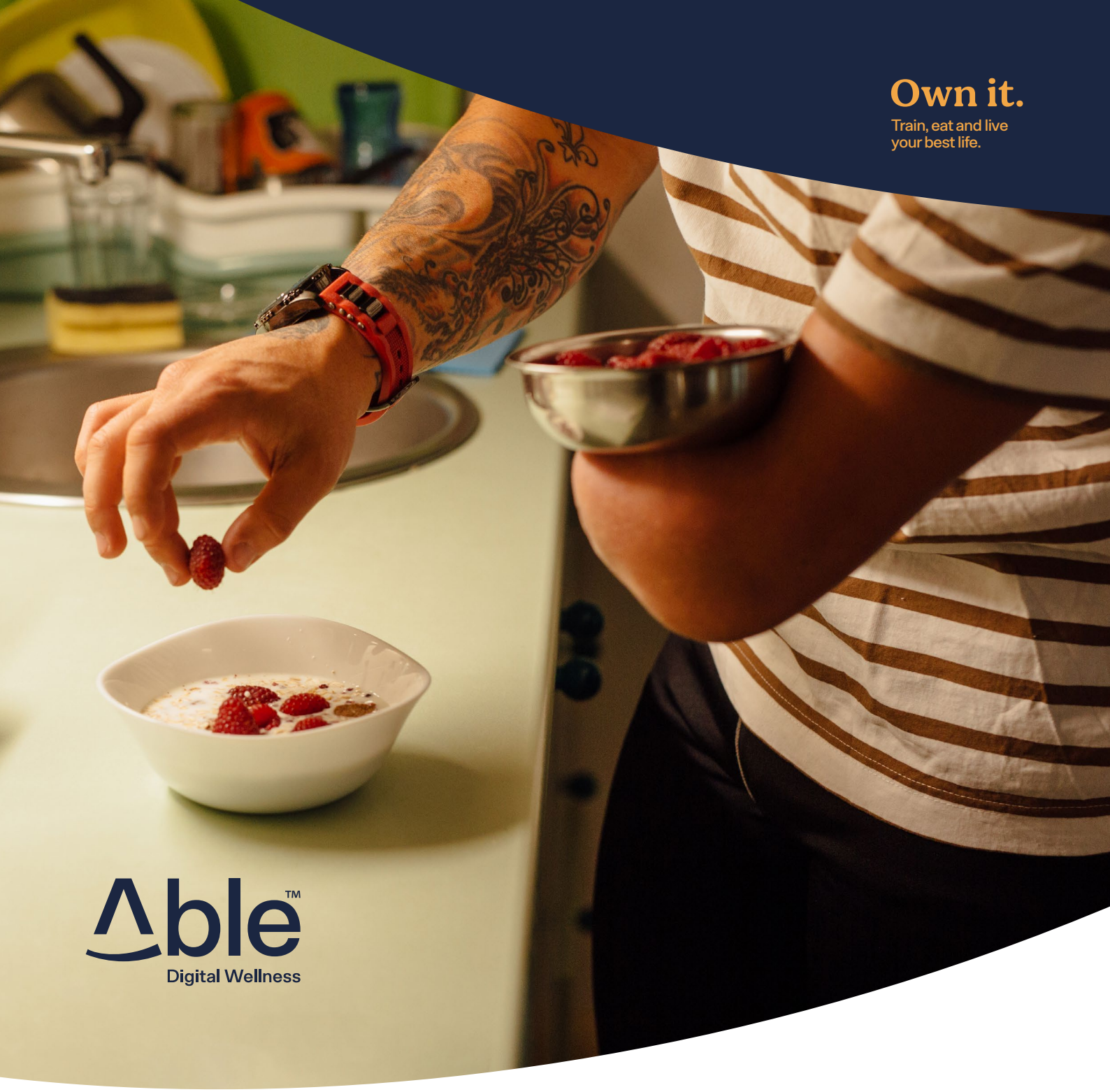

Puree'd Recipes & shopping lists

NOTE: This cookbook has not been created by our dietician and it's suggested you carefully consider that the ingredients in any meal you prepare from withing are suitable for your personal circumstances.

Banana Berry Smoothie

PREP TIME: 5 minutes
COOK TIME: 0
SERVES: 1

CALORIES PER SERVING: 189

INGREDIENTS

- ☐ 150g plain yogurt
- ☐ 3/4 cup frozen berries
- ☐ 1 banana
- ☐ 1/2 cup orange juice, preferably fresh squeezed
- ☐ 1 tablespoon pure maple syrup (or honey)
- ☐ 1/2 cup or so of ice cubes
- ☐ 1/2 cup of baby spinach leaves

INSTRUCTIONS

1: Peel banana and place all ingredients into your blender and blend for 1 minute at a time until smooth. If consistency is too thick, add a splash of orange juice and blend again.

1: Serve cold.

NOTE: Allergies are not considered as part of these recipes, please consider the ingredients with your personal allergy requirements in mind.

Sweet Potato Puree With Maple

PREP TIME: 10 minutes
COOK TIME: 1 hr 15 minutes
SERVES: 8

CALORIES PER SERVING: 268

INGREDIENTS

- ☐ 2kg sweet potatoes
- ☐ 1/3 cup maple syrup
- ☐ 5 tablespoons unsalted butter, at room temperature
- ☐ 1 cup sour cream
- ☐ 1/2 teaspoon kosher salt (or just sea salt)
- ☐ 1/4 teaspoon ground nutmeg

TIP: This recipe is also great as a side dish

INSTRUCTIONS

1: Pre-heat oven to 190 degrees.
2: Pierce the sweet potatoes several times with a fork (leaving un-peeeled) and place on a foil-lined baking sheet.
3: Bake until softened when you test with a fork (1 to 1 1/2 hours, depending on size), and then let cool.
4: Slice each sweet potato in half lengthwise, scoop the flesh into a saucepan, and discard the skins. Warm up to a medium heat.
5: Add maple syrup (to taste), butter, and sour cream; season with salt and nutmeg; and then use a wooden spoon or potato masher to mix until smooth.
6: Once smooth, stir occasionally, until warmed through.

NOTE: Allergies are not considered as part of these recipes, please consider the ingredients with your personal allergy requirements in mind.

Quick Creamy Tomato Cup-of-Soup

PREP TIME: 5 minutes
COOK TIME: 5 minutes
SERVES: 1 cup

CALORIES PER SERVING: 130

INGREDIENTS

- ☐ 3/4 cup no-salt-added canned tomato puree
- ☐ 1/4 cup low-sodium chicken broth
- ☐ 1 tablespoon reduced-fat cream cheese
- ☐ Oregano leaves or parsley (optional)

INSTRUCTIONS

1: Whisk tomatoes, broth and cream cheese in a large heatproof mug or bowl.
2: Microwave on High, stirring occasionally, until heated through and creamy – about 2 minutes.
3: Serve with salt and pepper (to taste) and add chopped parsley or oregano if you choose.

NOTE: Allergies are not considered as part of these recipes, please consider the ingredients with your personal allergy requirements in mind.

Polenta with Herbs and Cheese

PREP TIME: 5 minutes
COOK TIME: 30 minutes
SERVES: 6

CALORIES PER SERVING: 323

INGREDIENTS

- ☐ 1.5 Litres low-salt chicken broth
- ☐ 2 teaspoons fresh marjoram (or oregano)
- ☐ 2 teaspoons fresh thyme
- ☐ 2 teaspoons fresh sage
- ☐ 1 garlic clove
- ☐ 1 teaspoon salt
- ☐ 1 2/3 cups polenta (coarse cornmeal, but If unavailable, use regular cornmeal and cook for about 12 minutes)
- ☐ 350g grated sharp white cheddar cheese

INSTRUCTIONS

1: Finely chop your herbs and mince your garlic
2: Combine broth, all herbs, garlic and salt in heavy large saucepan and bring to boil over medium-high heat.
3: Gradually sprinkle in polenta, whisking constantly. Reduce heat to medium-low; simmer until polenta is thick and creamy and begins to pull away from sides of pan, whisking often for about 25 minutes.
4: Add cheese; stir until cheese melts. Season with salt and pepper and serve!

NOTE: Allergies are not considered as part of these recipes, please consider the ingredients with your personal allergy requirements in mind.

Pumpkin Soup

PREP TIME: 20 minutes
COOK TIME: 30 minutes
SERVES: 4

CALORIES PER SERVING: 377

INGREDIENTS

- ☐ 2 tablespoons unsalted butter
- ☐ 1 tablespoon good olive oil
- ☐ 2 yellow onions
- ☐ 1 x 425g can pumpkin puree (not pumpkin pie filling)
- ☐ 600g butternut pumpkin
- ☐ 3 cups homemade chicken stock or canned broth
- ☐ 2 teaspoons kosher salt (or sea salt)
- ☐ 1/2 teaspoon freshly ground black pepper
- ☐ 1/2 cup full cream milk
- ☐ 1/2 cup heavy cream
- ☐ Grated cheese for serving

INSTRUCTIONS

1: Peel and cut pumpkin into chunks.
2: Heat the butter and oil in a heavy – bottomed stockpot, add the onions, and cook over medium – low heat for 10 minutes, or until translucent.
3: Add the pumpkin puree, butternut squash, chicken stock, salt, and pepper. Cover and simmer over medium – low heat for about 20 minutes, until the butternut pumpkin is very tender.
4: Process the mixture through the medium blade of a food mill, blender or similar. You can also use a potato masher if need be.
5: Return to the pot, add the milk, heavy cream and heat slowly. If the soup needs more flavor, add another teaspoon of salt.
6: Serve hot, sprinkled with cheese, if desired.

NOTE: Allergies are not considered as part of these recipes, please consider the ingredients with your personal allergy requirements in mind.

Mango-Pineapple Smoothie

PREP TIME: 10 minutes
COOK TIME: 0 minutes
SERVES: 4

INGREDIENTS

- ☐ 1 cup vanilla yogurt
- ☐ 1 cup unsweetened pineapple juice
- ☐ 1/2 banana, sliced
- ☐ 1 mango – peeled, seeded, and chopped
- ☐ 1/2 cup nonfat milk
- ☐ 2 tablespoons cream of coconut

INSTRUCTIONS

1: In a blender, blend the vanilla yogurt, pineapple juice, banana, mango, milk, and cream of coconut until smooth.
2: Cool in the fridge for 30 mins or add ice and enjoy from a clean glass or cup.

NOTE: Allergies are not considered as part of these recipes, please consider the ingredients with your personal allergy requirements in mind.

Avocado-Chocolate Pudding

PREP TIME: 10 minutes
COOK TIME: 0 minutes
SERVES: 4

CALORIES PER SERVING: 327

INGREDIENTS

- [ ] 3 avocados
- [ ] 6 tablespoons cocoa powder
- [ ] 1/4 cup raw honey
- [ ] 1 teaspoon pure vanilla extract
- [ ] Sea salt

INSTRUCTIONS

1: Puree avocados (no skin!), cocoa powder, honey, and vanilla in a food processor until smooth.
2: Sprinkle pudding lightly with salt before serving.

NOTE: Allergies are not considered as part of these recipes, please consider the ingredients with your personal allergy requirements in mind.

Eggplant Puree with Yogurt

PREP TIME: 10 minutes
COOK TIME: 10 minutes
SERVES: 6

CALORIES PER SERVING: 140

INGREDIENTS

- ☐ 3 eggplants
- ☐ 3 tablespoons extra-virgin olive oil
- ☐ 1 1/4 cups plain whole milk yogurt, preferably Greek-style yogurt
- ☐ Juice of 1 lemon
- ☐ 2 cloves, garlic crushed
- ☐ Coarse salt
- ☐ 2 tablespoons chopped fresh flat-leaf parsley, (optional)
- ☐ 1 tablespoon pomegranate seeds, (optional)

INSTRUCTIONS

1: Preheat your oven's grill for 1-2 mins.
2: Using a sharp knife, prick eggplants in 3 to 4 places with the point of the knife so that they will not burst or cut in half if your grill isn't high enough to fit whole eggplants.
3: Place eggplants on a baking sheet (skin up), and place under the grill. Turning occasionally, until skins are black and blistered and very soft when you press them. Remove, and let cool.
4: When cool enough to handle, peel skin from eggplants and place them in a colander to drain. When drained, roughly chop flesh and return to the colander. Mash flesh with a fork until smooth and let drain.
5: Transfer flesh to a medium bowl. Add oil, yogurt, and lemon juice; stir until thoroughly combined. Stir in garlic and salt.
6: Transfer to a serving bowl, and garnish, if desired, with parsley and pomegranate seeds. Serve cold.

Hummus dip

PREP TIME: 3 mins
TOTAL TIME: 3 mins
SERVINGS: 8 servings
YIELD: 4 cups

INGREDIENTS

- ☐ 30 oz canned chickpeas (garbanzo beans), drained with liquid reserved (I use two 15oz cans)
- ☐ 1/3 cup chickpea liquid, or more, as needed
- ☐ 1/2 cup tahini
- ☐ 1/4 cup olive oil
- ☐ 2 lemons, juiced
- ☐ 2 garlic cloves
- ☐ 1 tsp cumin
- ☐ 1/2 tsp salt

GARNISH

- ☐ olive oil
- ☐ paprika
- ☐ fresh parsley

METHOD

1: Add all the ingredients to your Vitamix or high-powered blender and secure the lid. Remove the lid cap and insert the tamper.
2: Turn the blender on high for 30 seconds (or more for a creamier texture) and use the tamper to push the hummus into the blades. Add more chickpea liquid (aquafaba), if desired, for a softer hummus.
3: Add the hummus to a serving plate and garnish with olive oil, paprika and fresh parsley.

NOTE: Allergies are not considered as part of these recipes, please consider the ingredients with your personal allergy requirements in mind.