

# Think Outside the Blender: Great-Tasting and Healthy Recipes for Dysphagia Diets

Maria Quici MSCCC

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the Blender  
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**Maria Quici MSCCC : Think Outside the Blender: Great-Tasting and Healthy Recipes for Dysphagia Diets** before purchasing it in order to gauge whether or not it would be worth my time, and all praised Think Outside the Blender: Great-Tasting and Healthy Recipes for Dysphagia Diets:

5 of 5 people found the following review helpful. Great meals and snacks! By A. Pratt Super helpful in meal prep for a gourmand spouse suddenly unable to swallow usually prepared foods. This opened the way to entirely new and

exciting menus, making possible meals far remote from the doctor prescribed diet of mashed potatoes and thickened juices. Much is tasty enough to be served, without any apology, to guests.<sup>3</sup> of 3 people found the following review helpful. Three StarsBy Pam shekoyanThis book has a few basic ideas, nothing outstanding.<sup>11</sup> of 12 people found the following review helpful. Appealing and DeliciousBy J.L.Q.Think Outside the Blender: Great-Tasting and Healthy Recipes for Dysphagia is a real find because it contains many appetizing dishes that are easy to prepare, especially for those caring for people with swallowing difficulties. Here, at last, is a treasure trove of ideas for those on soft-food diets. Ms Quici's book includes a broad range of recipes, from breakfast, lunch and dinner, to sweet smoothies, savory sides, and a array of unique sauces. All the recipes are beautifully photographed in color, and the instructions for each are clear, short, and easy to follow.The author has a creative way with common foods such as polenta, ricotta, and oatmeal, and she utilizes dairy, fruit, vegetables, and grains in such tasty ways as to entice one with swallowing difficulties to healthy eating. This little book is a must for anyone who is looking for alternatives to lumpy, beige and bland blenderized food.

This book is for anyone who has difficulty chewing and swallowing due to stroke, Parkinson's disease, throat cancer, surgery, dementia or dental issues. These recipes were created by a speech-language pathologist with over 20 years experience working with adults with dysphagia. Too often, pureed/soft food is bland and unappetizing. The recipes presented here taste great and appeal to the senses with bright colors, attractive shapes and enticing aromas. They are heart-healthy and feature simple, fresh ingredients (real food!). Most are quick and easy to prepare. Many are gluten-free and or dairy-free. With an emphasis on local, seasonal and organic foods, you will be able to create meals the whole family will enjoy, bringing pleasure back into eating and improving the quality of life for the person with dysphagia.

About the AuthorMaria Quici, MS, CCC-SLP is a Speech-Language Pathologist and the founder of KitchenQ. She completed her undergraduate degree in Speech and Hearing Sciences at UCSB and earned her Master of Science degree in Speech-Language Pathology from Boston University. For more than 20 years, she has been evaluating and treating adults with communication, cognitive and swallowing disorders. She is licensed by the state of California in Speech Pathology and holds the Certificate of Clinical Competence (CCC) from ASHA (the American Speech Language and Hearing Association). She has had recent publications in Advance for Speech Pathologists (online) and the CSHA (California Speech and Hearing Association) District 8 e-newsletter. She now specializes in teaching people how to create great-tasting and healthy food for their dysphagia diets.