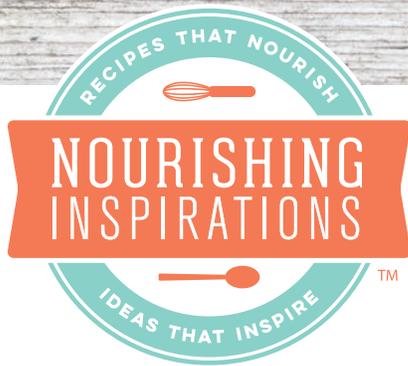




DYSPHAGIA RECIPE COLLECTION



Find our entire collection at
generalmillscf.com/dysphagia-recipes



When chewing and swallowing is compromised the recipes you offer are even more important! Our recipe collection for the dysphagia diet has been developed following the guidance of the new International Dysphagia Diet Standardization Initiative (IDDSI). We've taken our popular and flavorful Nourishing Inspirations™ favorites and carefully adjusted them to specifically meet the dysphagia diet levels.* Our dysphagia collection makes it easy on your operation and satisfying for individuals with dysphagia.

*www.iddsi.org/framework
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4 Strawberry Mousse - Pureed

Find our entire collection at
generalmillscf.com/dysphagia-recipes

We've done the work to help you be more confident that you are serving a recipe that is contemporary, nutritious and flavorful.

4 **IDDSI Pureed & Extremely Thick**

(NDD Level 1 Dysphagia Pureed)

Foods are smooth, homogenous and cohesive. They are “pudding-like”, requiring virtually no chewing or oral manipulation to swallow them. Liquids are less thick and can seep through tines of a fork.

5 **IDDSI Minced & Moist**

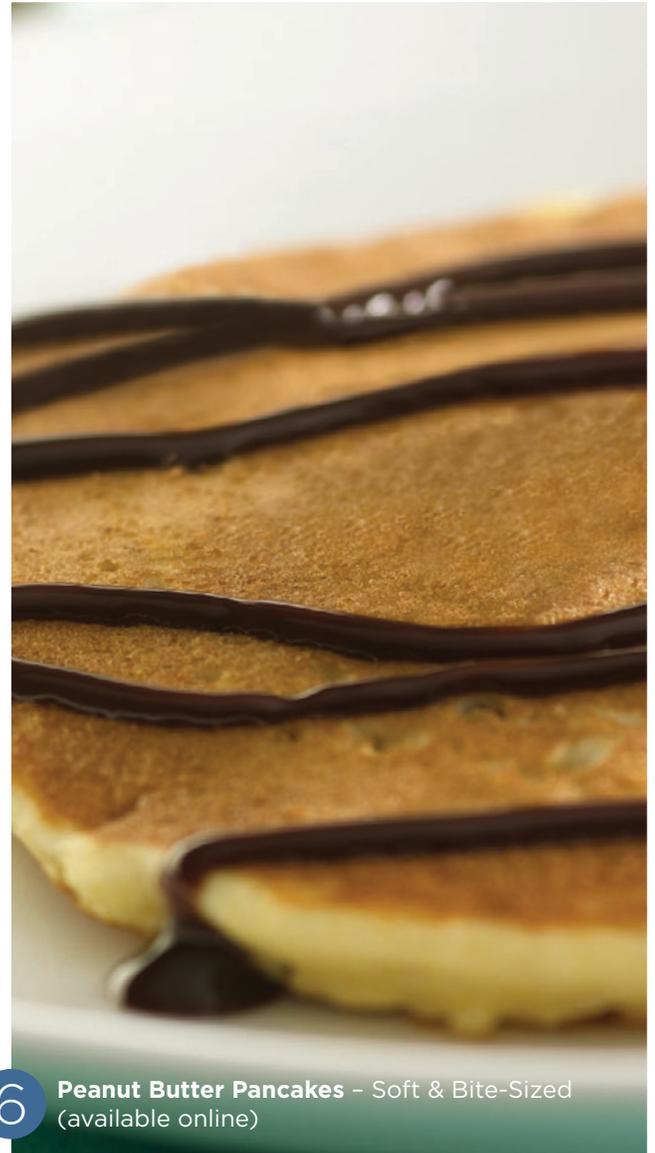
(NDD Level 2 Dysphagia Mechanically Altered)

Foods are moist, soft in texture and any pieces are no larger than 4mm for adults or 2mm for pediatrics. They are easily eaten with only minimal chewing required.

6 **IDDSI Soft & Bite-Sized**

(NDD Level 3 Dysphagia Advanced)

Foods are of almost regular textures but still quite moist, ‘bite-sized’ and easy to eat. Pieces are no larger than 15mm for adults or 8mm for pediatrics. Very hard, sticky and crunchy foods are not allowed.



6 **Peanut Butter Pancakes** – Soft & Bite-Sized
(available online)

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Cherry Cocoa Smoothies

3 *Liquified/Moderately Thick*

Yield: 64 servings (1 serving = 2 oz)

This smoothie is a delicious addition for any meal and can be used at any diet level* of the dysphagia diet.

INGREDIENTS

| Names | Weight | Measure |
|---------------------------------------------------------------------|--------|------------|
| Cherries, pitted, sweet, canned, drained 4 lb 10 cups | 4 lb | 10 cups |
| Cocoa Powder 0.7 oz 1/4 cup | 0.7 oz | 1/4 cup |
| Yoplait® ParfaitPro® Low Fat Vanilla Yogurt (16632) 4 lb 7 1/3 cups | 4 lb | 7 1/3 cups |

CCP: Keep Yoplait® ParfaitPro® Yogurt refrigerated <41°F until ready to prepare.

DIRECTIONS

1. Cover and chill drained fruit for several hours or overnight under refrigeration at <41°F.
2. Place fruit in a large capacity blender (or prepare in batches) and blend on high speed 1 minute; stop blender and stir with a spatula.
3. Continue to blend until smooth; strain fruit to discard any fruit chunks.
4. Whisk fruit puree, cocoa and yogurt together in a large mixing bowl until smooth.
5. Portion into serving cups and cover.

*May need to be thickened to appropriate consistency.

CCP: Serve immediately or cover and hold refrigerated <41°F until served.

NUTRITION

Nutrition values are calculated using the weights of ingredients.

Serving Size: 2 oz; Calories 40 (Calories from Fat 0); Total Fat 0g (Saturated Fat 0g, Trans Fat 0g); Cholesterol 0mg; Sodium 15mg; Total Carbohydrate 9g (Dietary Fiber 0g, Sugars 7g); Protein 1g

% Daily Value*: Vitamin A 4%; Vitamin C 0%; Calcium 2%; Iron 0%;

Exchanges: 1/2 Other Carbohydrate

Carbohydrate Choices: 1/2

*Percent Daily Values are based on a 2,000 calorie diet.



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Handling and processing variability may occur; we recommend using your discretion to ensure servings meet IDDSI standards as needed by each patient.

Gluten-Free Butternut Squash Soup

3 *Liquified/Moderately Thick*

Yield: 38 servings

Pair pumpkin with butternut squash in a smooth, creamy soup that is suitable for all levels* of the dysphagia diet.

INGREDIENTS

| Names | Weight | Measure |
|--------------------------------------|------------|-----------|
| Squash, butternut, frozen, diced | 2 lb | 6 3/4 cup |
| Stock, chicken, Gluten-Free | 4 lb 1 oz | 8 cups |
| Onion, yellow or white, chopped | 11.5 oz | 2 cups |
| Pumpkin, canned | 15 oz | 1 3/4 cup |
| Oil, olive | 1.5 oz | 3 Tbsp |
| Nutmeg, ground | | 3 tsp |
| Cinnamon, ground | | 2 tsp |
| Cloves, ground | | 1/2 tsp |
| Sugar, brown, light, packed | 6.5 oz | 3/4 cup |
| Half and Half | 8 oz | 1 cup |
| Yoplait® Nonfat Plain Yogurt (00438) | 1 lb 11 oz | 3 cups |

DIRECTIONS

1. Add squash, stock and onion to a large saucepan; boil until vegetables are very tender.
2. Pour squash, stock and onion into pitcher of a blender.
3. Add pumpkin and olive oil; blend until completely smooth.
4. Add all spices, sugar and Half and Half; blend until fully incorporated.

CCP: Keep Half & Half and Yoplait Yogurt refrigerated <40°F until ready to prepare.

5. Transfer mixture to a large bowl; fold in yogurt.

CCP: Serve at 165°F.

CCP: Refrigerate unused Butternut Squash Soup <40°F. Discard any unused Butternut Squash Soup after 2 days.

*May need to thicken to appropriate consistency.

NUTRITION

Nutrition values are calculated using the weights of ingredients.

Serving Size: 1 serving Calories: 70; Calories from Fat: 20; Total Fat: 2g; Saturated Fat: 1/2g; Trans Fat: 0g; Cholesterol: 0mg; Sodium: 200mg; Total Carbohydrate: 11g; Dietary Fiber: 1g; Sugars: 7g; Protein: 1g

% Daily Value*: Vitamin A: 80%; Vitamin C: 6%; Calcium: 6%; Iron: 2%

Exchanges: 1/2 Starch; 0 Fruit; 0 Other Carbohydrate; 0 Skim Milk; 0 Low-Fat Milk; 0 Milk; 0 Vegetable; 0 Very Lean Meat; 0 Lean Meat; 0 High-Fat Meat; 1/2 Fat

Carbohydrate Choices: 1

*Percent Daily Values are based on a 2,000 calorie diet.

Handling and processing variability may occur; we recommend using your discretion to ensure servings meet IDDSI standards as needed by each patient.



Strawberry Mousse

4 Pureed

Yield: 128 servings (1 serving = 1 oz)

For dessert or a breakfast side, the creamy texture of this mousse meets all food levels of the dysphagia diet.

INGREDIENTS

| Names | Weight | Measure |
|------------------------------------------------------------------|--------|-------------|
| Yoplait® ParfaitPro® Low Fat Vanilla Yogurt (16632) | 4 lb | 1 bag |
| Non-dairy whipped topping | 4 lb | 4 qt 1 pint |
| Sugar free beverage mix packet (.14 oz - each) strawberry flavor | 1/2 oz | 4 each |

CCP: Keep Yoplait® ParfaitPro® Yogurt refrigerated <41°F until ready to prepare.

DIRECTIONS

1. Add yogurt and whip topping to large stainless mixing bowl.
2. Mix with wire whisk until mixture is light, airy and well blended.
3. Add sugar free beverage mix packets to mousse and fold until well combined.

CCP: Hold under refrigeration at <41°F until served.

CCP: Refrigerate unused mousse <41°F. Discard any unused mousse after 2 days



NUTRITION

Nutrition values are calculated using the weights of ingredients.

Serving Size: 1 oz; Calories 50 (Calories from Fat 25); Total Fat 2.5g (Saturated Fat 2g, Trans Fat 0g); Cholesterol 0mg; Sodium 10mg; Total Carbohydrate 6g (Dietary Fiber 0g, Sugars 4g); Protein 0g

% Daily Value*: Vitamin A 0%; Vitamin C 2%; Calcium 0%; Iron 0%;

Exchanges: 1/2 Other Carbohydrate, 1/2 Fat

Carbohydrate Choices: 1/2

*Percent Daily Values are based on a 2,000 calorie diet.

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Handling and processing variability may occur; we recommend using your discretion to ensure servings meet IDDSI standards as needed by each patient.

Gluten-Free Chocolate Mousse

4 Pureed

Yield: 64 servings (1 serving = 1 oz)

INGREDIENTS

| Names | Weight | Measure |
|-----------------------------------------------------|--------|-------------|
| Yoplait® ParfaitPro® Low Fat Vanilla Yogurt (16632) | 4 lb | 1 bag |
| Non-dairy whipped topping | 4 lb | 4 qt 1 pint |
| Chocolate chips, semi-sweet | 12 oz | 2 cups |

CCP: Keep Yoplait® ParfaitPro® Yogurt refrigerated <41°F until ready to prepare.

DIRECTIONS

1. Add yogurt and whipped topping to large stainless mixing bowl; mix with wire whisk until light, airy and well blended.
2. Place chocolate chips in glass bowl; microwave on high about 20 seconds, stirring twice until melted.
3. Add 1 cup of mousse to melted chocolate; fold in with a rubber spatula to temper.
4. Continue adding 1 cup of mousse, at a time, until mixture is well blended and tempered.

CCP: Hold Chocolate Mousse under refrigeration at <41°F until served.

CCP: Refrigerate unused Chocolate Mousse <41°F.

CCP: Discard any unused Chocolate Mousse after 2 days.



NUTRITION

Nutrition values are calculated using the weights of ingredients.

Serving Size: 1 serving Calories 70 (Calories from Fat 30); Total Fat 3.5g (Saturated Fat 2.5g, Trans Fat 0g); Cholesterol 0mg; Sodium 10mg; Total Carbohydrate 8g (Dietary Fiber 0g, Sugars 5g); Protein 0g

% Daily Value*: Vitamin A 0%; Vitamin C 0%; Calcium 0%; Iron 0%

Exchanges: 1/2 Other Carbohydrate, 1/2 Fat

Carbohydrate Choices: 1/2

*Percent Daily Values are based on a 2,000 calorie diet.

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Handling and processing variability may occur; we recommend using your discretion to ensure servings meet IDDSI standards as needed by each patient.

Corn Muffin Breakfast Squares

5 *Minced and Moist*

Yield: 64 servings (1 serving = 2x3-inch portion)

INGREDIENTS

| Names | Weight | Measure |
|-----------------------------------------|---------------|------------|
| Water, cool approx. 72°F | 2 lb 10.00 oz | 5 1/4 cups |
| Gold Medal™ Corn Muffin Mix (11442) | 5 lb | 1 box |
| Black pepper | n/a | 2 tsp |
| Breakfast sausage links, cooked, ground | 1 lb 0.50 oz | 6 cups |
| Cheddar cheese, shredded | 1 lb | 4 cups |

CORN MUFFIN BREAKFAST SQUARES

1. Prepare corn muffin mix according to box directions, adding the black pepper in step one.
2. Fold ground sausage and cheese into batter; do not over mix.
3. Spread batter evenly into greased or parchment-lined full sheet pan.
4. Bake as directed below and allow to cool 5-10 minutes before cutting; serve hot.

BAKE

Convection Oven* 350°F 10-14 minutes
 Standard/Reel Oven 400°F 14-18 minutes

*Rotate pans baked in convection oven one-half turn (180°) after 5 minutes of baking.

CCP: Keep ground sausage and cheese refrigerated <40°F until ready to prepare.

CCP: Hold temperature of Breakfast Squares at >140°F.

CCP: Cooked Breakfast Squares must be cooled to <70°F within 2 hours and <40°F within an additional 4 hours.

NUTRITION

Nutrition values are calculated using the weights of ingredients.

Serving Size: (1) 2x3-inch portion Calories: 220; Calories from Fat: 100; Total Fat: 11g; Saturated Fat: 3 1/2g; Trans Fat: 0g; Cholesterol: 45mg; Sodium: 440mg; Total Carbohydrate: 25g; Dietary Fiber: 0g; Sugars: 10g; Protein: 5g

% Daily Value*: Vitamin A: 0%; Vitamin C: 0%; Calcium: 6%; Iron: 6%

Exchanges: 1 Starch; 0 Fruit; 1/2 Other Carbohydrate; 0 Skim Milk; 0 Low-Fat Milk; 0 Milk; 0 Vegetable; 0 Very Lean Meat; 0 Lean Meat; 0 High-Fat Meat; 2 Fat

Carbohydrate Choices: 1 1/2

*Percent Daily Values are based on a 2,000 calorie diet.



Handling and processing variability may occur; we recommend using your discretion to ensure servings meet IDDSI standards as needed by each patient.

Peanut Butter Chip Pancakes

5**6** *Minced & Moist / Soft & Bite-Sized*

Yield: 84 servings (1 serving = 1 - 2oz pancake)

These fluffy buttermilk pancakes with peanut butter chips inside and decadent chocolate syrup on top meet guidelines for the mixed & moist diet level 5 or bite-sized level 6.

INGREDIENTS

| Names | Weight | Measure |
|-------------------------------------------------------------|------------|---------|
| Pancake Batter | | |
| Water, cool (72°F) | 5 lb 8 oz | 11 cups |
| Gold Medal™ ZT Complete Buttermilk Pancake Mix 5 lb (11827) | 5 lb | 1 box |
| Peanut butter chips | 2 lb 6 oz | 6 cups |
| Finishing | | |
| Chocolate syrup | 2 lb 12 oz | 4 cups |

DIRECTIONS

Pancakes

1. Mix water and pancake mix in mixing bowl using whisk until batter is blended and smooth.
2. Deposit 2 oz batter onto lightly greased 375°F griddle.
3. Sprinkle 1/2 oz peanut butter chips in batter on each pancake.
4. Grill 1 1/2 minutes on each side or until pancake turns brown and edges begin to dry. Peanut butter chips should be melted. Do not overcook.
5. Place pancakes on serving plate.
6. Soak in syrup (or thickener slurry) until mashable.

FINISHING

Drizzle 1 oz chocolate syrup over each pancake.

TIP

For additional moisture serve with butter or syrup as desired.

NUTRITION

Nutrition values are calculated using the weights of ingredients.

Serving Size: 1 - 2oz pancake; Calories: 210; Calories from Fat: 50; Total Fat: 6g; Saturated Fat: 1 1/2g; Trans Fat: 0g; Cholesterol: 0mg; Sodium: 320mg; Total Carbohydrate: 34g; Dietary Fiber: 1g; Sugars: 13g; Protein: 4g

% Daily Value*: Vitamin A: 0%; Vitamin C: 0%; Calcium: 4%; Iron: 8%

Exchanges: 1 Starch; 0 Fruit; 1 1/2 Other Carbohydrate; 0 Skim Milk; 0 Low-Fat Milk; 0 Milk; 0 Vegetable; 0 Very Lean Meat; 0 Lean Meat; 0 High-Fat Meat; 1 Fat

Carbohydrate Choices: 2

*Percent Daily Values are based on a 2,000 calorie diet.

Handling and processing variability may occur; we recommend using your discretion to ensure servings meet IDDSI standards as needed by each patient.



Mini Turkey Meatloaves with Cranberry Catsup

6 *Soft & Bite-Sized*

Yield: 84 servings (1 serving = 4.5 oz)

INGREDIENTS

| Names | Weight | Measure |
|-----------------------------------|------------|------------------|
| Meatloaf | | |
| Rice Chex™ Bulkpak Cereal (13325) | 2 lb 1 oz | 1 bag |
| Ketchup, tomato | 2 lb 14 oz | 5 1/2 cups |
| Eggs, pasteurized, liquid | 2 lb | 4 cups |
| Worcestershire sauce | 2.5 oz | 1/4 cup |
| Parsley, fresh, chopped | | 1/4 cup |
| Pepper, black, ground | | 3 Tbsp |
| Garlic, dried, granulated | 1.5 oz | 1/4 cup |
| Salt, Kosher | 1.5 oz | 2 Tbsp |
| Turkey, ground, 93% Lean | 24 lb | 11 quarts 3 cups |
| Cranberry Catsup | | |
| Sauce, cranberry, jellied | 4 lb 8 oz | 6 1/2 cups |
| Ketchup, tomato | 2 lb | 3 3/4 cups |

DIRECTIONS

Mini Turkey Meatloaves

- Place Rice™ Chex in 20-quart mixer bowl fitted with a paddle attachment and mix on low speed for 2 minutes or until crushed.
- Add ketchup, eggs, Worcestershire, parsley, pepper, garlic and salt and mix on low speed for an additional 2 minutes.

CCP: Keep eggs refrigerated <40°F until ready to prepare.

- Add turkey and mix on low speed for 5 minutes. CCP: Keep ground turkey refrigerated <40°F until ready to prepare.
- Place 6 ounce portions (#6 scoop) in a 3x4 pattern on a parchment lined and greased full sheet pan.
- Press and form each portion into a mini, loaf-sized shape.
- Bake until thermometer placed in center of each turkey meatloaf reads 165°F. Do not overbake. *Remove any crisp edges before serving.

CCP: Hold cooked mini meatloaves at 140°F or above until served.

CCP: Cooked turkey must be cooled to 70°F within 2 hours and to CCP: <40°F within an additional 4 hours.

NUTRITION

Nutrition values are calculated using the weights of ingredients.

Serving Size: 4.5 oz Calories:330; Calories from Fat: 110; Total Fat: 12g; Saturated Fat: 3g; Trans Fat: 0g; Cholesterol: 140mg; Sodium: 480mg; Total Carbohydrate: 26g; Dietary Fiber: 0g; Sugars: 16g; Protein:28g

% Daily Value*: Vitamin A: 10%; Vitamin C: 4%; Calcium: 8%; Iron: 30%

Exchanges: 0 Starch; 0 Fruit; 1 1/2 Other Carbohydrate; 0 Skim Milk; 0 Low-Fat Milk; 0 Milk; 0 Vegetable; 0 Very Lean Meat; 4 Lean Meat; 0 High-Fat Meat; 0 Fat

Carbohydrate Choices: 2

*Percent Daily Values are based on a 2,000 calorie diet.

Handling and processing variability may occur; we recommend using your discretion to ensure servings meet IDDSI standards as needed by each patient.



Bake

Convection Oven* 300°F 25-30 minutes

Standard/Reel Oven 375°F 35-40 minutes

*Rotate pans baked in a convection oven one-half turn (180°) after 12 minutes of baking.

- Bring all ingredients to a boil in a large sauce pot, stirring often.
- Reduce to low heat and simmer, stirring constantly, for 5 minutes.
- Serve warm.

Finishing

- Dice each individual loaf into 15 mm pieces.
- Serve hot with 1 oz ladle of Cranberry Catsup drizzled on top.

CCP: Freeze or discard any unused Mini Meatloaves or Cranberry Catsup after 2 days.

Raspberry Oatmeal Bars

6 *Soft & Bite-sized*

Yield: 108 servings (1 serving = 2x2 inch bar)

INGREDIENTS

| Names | Weight | Measure |
|----------------------------------------|------------|------------|
| Gold Medal™ ZT Yellow Cake Mix (11152) | 5 lb | 1 box |
| Oats, quick | 2 lb | 10 cups |
| Cinnamon, ground | | 2 tsp |
| Butter, Unsalted, softened | 1 lb 10 oz | 3 1/4 cups |
| Raspberry preserves | 3 lb | 4 cups |
| Water, cool (72°F) | 2 oz | 1/4 cup |

DIRECTIONS

1. Place cake mix, oats and cinnamon in mixer bowl. Blend on low speed, using paddle attachment, 2 minutes.
2. Add butter. Mix on low speed until well combined and crumbly, approximately 2 minutes.
3. Press half of the crumb mixture (4 lbs 5 oz or about 12 cups) evenly and firmly in bottom of greased full sheet pan.
4. Combine preserves and water. Spread evenly over crumb base in sheet pan.
5. Sprinkle with remaining crumb mixture. Press firmly to make top even.

BAKE

Convection Oven* 325°F 15-20 minutes
 Standard Oven 375°F 15-20 minutes

*Rotate pans baked in convection oven one-half turn (180°) after 10 minutes of baking.

Do not overbake.

Cool completely before cutting.

TIP

Edges may be more browned. Serve softer middle pieces cut into 15 mm bites to individuals with level 6 dysphagia diet orders.

NUTRITION

Nutrition values are calculated using the weights of ingredients.

Serving Size: 12 oz Calories 440; Calories from Fat 80; Total Fat 9g; Saturated Fat 2g; Trans Fat 0g; Cholesterol 15mg; Sodium 210mg; Total Carbohydrate 68g; Dietary Fiber 5g; Sugars 45g; Protein 20g

% Daily Value*: Vitamin A 20%; Vitamin C 70%; Calcium 50%; Iron 4%

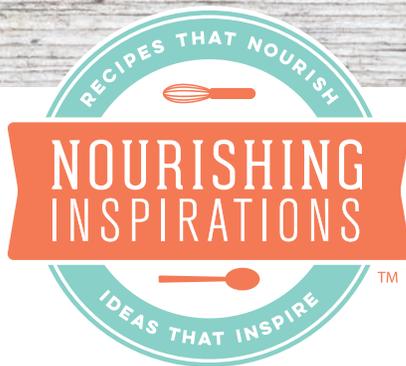
Exchanges: 1/2 Starch; 1 Fruit; 2 Other Carbohydrate; 0 Skim Milk; 1 Low-Fat Milk; 0 Milk; 0 Vegetable; 1 Very Lean Meat; 0 Lean Meat; 1/2 High-Fat Meat; 0 Fat

Carbohydrate Choices: 4 1/2

*Percent Daily Values are based on a 2,000 calorie diet.

Handling and processing variability may occur; we recommend using your discretion to ensure servings meet IDDSI standards as needed by each patient.

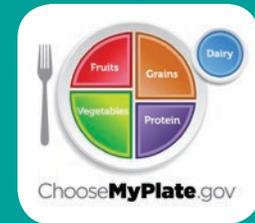




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