

# RECIPES

## NUTRITION

### > Dysphagia-Liquid



# Dysphagia

#1

## Thickened coffee

1 person      calories/person

**5 min.**      **0 kcal**

A fresh cup of coffee, coming up! This essential beverage can once again be part of your days. We have a suggestion on how to safely enjoy a cup of coffee again.



### Preparation

Start by mixing the coffee with the hot water. Add the xanthan gum and emulsify everything in a blender until you get a smooth consistency.



### Ingredients

- 1 teaspoon instant coffee
- 50ml water
- 2g xanthan gum



# YUM

# Dysphagia

## #2 Latte

1 person | fibre/person | calories/person | protein/person  
**5 min.** | **0.5 g** | **23 kcal** | **2 g**

Your mornings will once again taste like they used to. It's very simple to prepare a delicious and creamy latte that you can safely drink. Learn how, so you can wake up and smell this delight.



### Preparation

Start by mixing the latte with the hot water and the milk/plant-based milk. Add the xanthan gum and emulsify everything in a blender until you get a smooth consistency.

**Tips:** For more smoothie recipes adapted for dysphagia, please see the recipes under the topic constipation.



YUM

### Ingredients

- 1 teaspoon instant coffee
- 50ml water
- 50ml milk/plant-based milk
- 2g xanthan gum



# Dysphagia

## #3 Orange juice with thickener

1 person | fibre/person | calories/person | protein/person  
**15 min.** | **6.5 g** | **135 kcal** | **3.5 g**

A complete breakfast calls for a glass of fresh orange juice and nothing better than a touch of mint to enhance that freshness. This is a recipe that you can prepare with thickener, for added convenience and safety, or without thickener.



### Preparation

Squeeze the oranges and add the fresh mint. Add the xanthan gum and emulsify everything in a blender until you get a smooth consistency.

### Ingredients

- 2 oranges
- Fresh mint
- 2g xanthan gum



YUM

# Dysphagia

## #4 Orange juice, naturally thick

1 person | fibre/person | calories/person | protein/person  
**15 min.** | **6 g** | **135 kcal** | **3.5 g**

This is a natural, safe and convenient way to enjoy a delicious and refreshing orange juice. It's easy, want to try it?



### Ingredients

- 2 oranges
- Fresh mint
- 30ml cold water/infusion of lemongrass

### Preparation

Peel the oranges and blend them, whole, along with the fresh mint, in a blender. Add 30ml of water/lemongrass infusion and blend until you reach a smooth consistency.



YUM

These recipes were created in partnership with Dr Diana Miranda, nutritionist specialized in neurodegenerative disorders, Dr Rita Cardoso, speech and language therapist specialized in problems related to Parkinson's disease and other movement disorders and the chef Fábio Bernardino.