



Dysphagia 
Connect

Your 3-step guide
to an easier start to dysphagia care at home



Introduction

This guide has been created for you with support from The Chef's Council, a group of international experts dedicated to improving the quality of food and drinks for people with dysphagia and support those who care for them.

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Welcome

Nutricia is delighted to have developed this recipe book to help you make safer, pleasurable and nutritious food and drinks using Nutilis Clear. It is part of our programme of support for people with swallowing difficulties (also known as **dysphagia**) and those who care for them.

We produced this book with the help of 'The Chef's Council' - who have experience of catering for people with dysphagia. Together we have created recipes that:

- Are easy to prepare;
- Use fresh ingredients;
- Use everyday kitchen equipment and utensils.

Our chefs have also found creative ways to make food and drinks look more appetising. We want to encourage people with dysphagia to eat and drink more, so they get the nutrition and hydration they need.

All recipes have been tested to meet the needs of people with dysphagia in accordance with the UK National Descriptors (IDDSI classification). See page 7 for more information. By using only Nutilis Clear with these recipes, you are sure to achieve the correct consistency every time.

Other thickening powders should not be substituted and used in these recipes, since their mixing characteristics vary from Nutilis Clear.

We hope you enjoy the recipes and find the hints and tips useful!

Nutilis Clear is a Food for Special Medical Purposes for the dietary management of dysphagia and must be used under medical supervision.

The Dysphagia Act

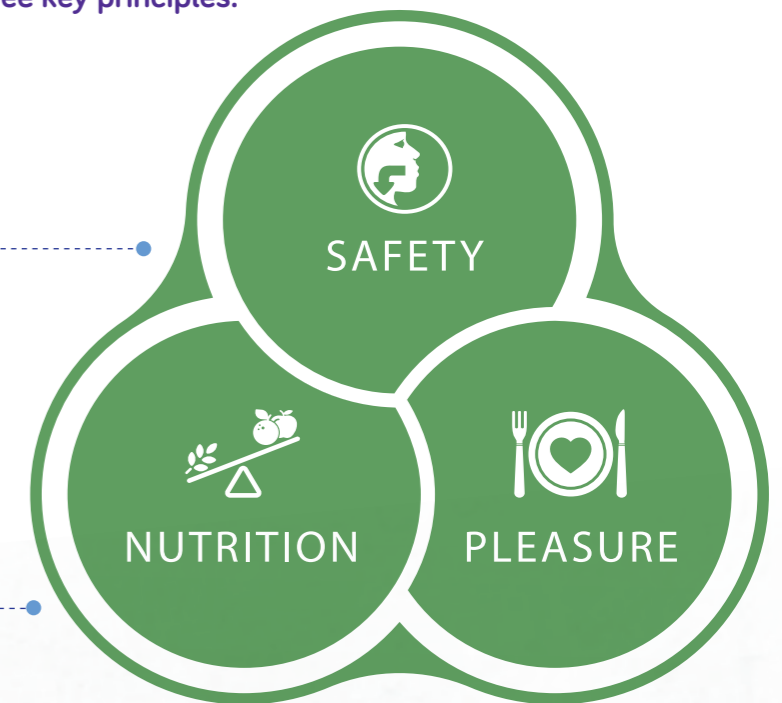
Nutricia has been working with The Chefs' Council, a unique partnership of dysphagia experts, since 2017. We have jointly pledged to implement the guiding principles of the The Dysphagia Act to provide safer, pleasurable and nutritious food to people with dysphagia, which will in turn help to improve the quality of their lives.

The Dysphagia Act is founded on three key principles:

SAFETY: People with dysphagia need food and drinks of a specific texture in order to swallow safely. Ensuring a safer food experience also means effective handwashing, kitchen cleanliness and appropriate food storage.

NUTRITION: Good nutrition has an important role in the survival, recovery and wellbeing of people with dysphagia. Diets should be nutritionally balanced and include a wide variety of food and drinks.

PLEASURE: Eating an enjoyable meal is everyone's right and providing pleasure through food and drink is a priority for chefs and carers. Taste, smell and presentation are key factors in achieving a pleasurable food experience.



For more information on The Dysphagia Act visit mynutris.co.uk/dysphagia-act.



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Getting started

This book is for people with **dysphagia (swallowing difficulties)** and their friends and families. The suggestions in this book are intended to complement the advice of medical specialists, such as **Speech and Language Therapists, who are trained to assess and manage swallowing difficulties.**

Your medical specialists may recommend changing the texture and consistency of your food and drink. This is because people with dysphagia usually find it safer and easier to swallow food and drink with a thick, smooth texture.





In the following pages you will find information and advice about preparing food and drinks for someone with dysphagia. The guidance covers:

- The right thickness for a safer swallow
- Eating safely
- Cooking tips
- Blending tips
- Presentation tips
- Freezing and reheating
- Making mealtimes more enjoyable
- Foods that may be difficult to swallow



The right thickness for a safer swallow

Dysphagia affects people differently. Your medical specialist will explain how thick to make your food and drink for a safer swallow. With this information, you can be sure you're adding the right number of scoops of Nutilis Clear for your particular needs. The four levels are shown below.

Level 1: Slightly thick	
1 level scoop of Nutilis Clear in 200ml drink	
Level 2: Mildly thick	
2 level scoops of Nutilis Clear in 200ml drink	
Level 3: Moderately thick	
3 level scoops of Nutilis Clear in 200ml drink	
Level 4: Extremely thick	
7 level scoops of Nutilis Clear in 200ml drink	

- Always measure the liquid required, e.g. 200ml.
- For best results, Nutilis Clear can be mixed using a fork, whisk or shaker. It is recommended to first place the powder all at once in the glass/cup/shaker and then add the liquid, but it is also possible to first place the liquid in the glass/cup/shaker and add the powder second.
- To avoid lumps start stirring or shaking as soon as possible.
- Leave to stand until desired thickness has been achieved.

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Eating more safely

Dysphagia affects the ability to chew and swallow safely. This can lead to other health problems, such as lung infections, poor nutrition and dehydration. It also stops people enjoying mealtimes and social occasions.

Helping people with dysphagia to eat and drink more safely can be challenging, and even preparing food and drinks with thickeners such as Nutilis Clear can come with some risk. However, there are steps you can take that can improve safety of swallowing for people with dysphagia:

- **Don't rush** mealtimes – eating too quickly is the main cause of coughing and choking
- Give regular **verbal prompts** such as “take your time”, “put your fork/spoon down between mouthfuls” and “remember to chew”
- Use a **smaller spoon or fork** to reduce the amount of food in each mouthful
- Only half-fill cups and glasses with liquid, to discourage drinking too much at once
- Using **weighted cutlery**
- **Transfer food** from a serving plate onto an eating plate so only small amounts are served at a time – this helps slow down the meal and provide time for pauses and conversation



Cooking tips

- People with dysphagia often find it hard to eat enough food and drink enough liquid, which can lead to weight loss, dehydration and malnutrition. To help prevent this, use **high-calorie ingredients** such as full-fat milk, butter, sugar or cream in your cooking, where appropriate.
- Carefully consider the best cooking methods to achieve the necessary texture. For example, **poaching** or **simmering** will soften ingredients, making them easier to purée.
- You can add flavour by **browning** and **roasting** ingredients prior to poaching and simmering.
- Plan meals so that you have a **range of colours** on the plate, making them more appealing to the eye and more appetising.

Blending tips

- Use a **powerful liquidiser** and/or **food processor** to produce smooth consistencies with minimal effort.
- Often, blenders don't work well with small quantities of food. If you purée more than you need, **portion** the remainder and **freeze**, or use as a base for a soup.
- Hot food breaks down more easily than cold food. So where possible, **purée when it is still hot** (but not boiling). Check your blender is suitable for hot food first.
- Leave your food processor **running for longer** – the purée will become smoother and thicker the longer it is blended.



Presentation tips

- We eat with our eyes, as well as our mouths. Making food that **smells good** and **looks appealing** can help to boost appetite.
- Use **moulds** to make food look better and more recognisable. They can also reduce preparation time and wastage.
- **Piping bags** can help you make interesting shapes and designs on the plate. Using different nozzles will allow you to vary the presentation.
- Unless preparing a complete dish, make sure that individual components of a meal are **separated** on the plate.
- Make an interesting shape on the plate with a “**quenelle**”, in which the purée is formed into an oval shape between two spoons.
- Use different **shaped** and **coloured plates** for each dish.



Freezing and reheating

- When freezing, ensure food is **cooled** to 8°C within 90 minutes, before putting in the freezer.
- Freeze food in **small batches** that are **well wrapped**.
- If using moulds, **freeze and decant** from the moulds and store in sealed containers.
- Always **defrost food fully** before reheating.
- **Steaming** is a great way to reheat food; you can wrap food in clingfilm to protect it.

Drinks: an integral part of our daily lives

Preparing and eating safer, nutritious and pleasurable food are key parts of dysphagia care. However, the drinks we consume at mealtimes and at particular moments during the day can be just as important to get right. Drinks play a key role not in ensuring the body is well hydrated but also have a role to play in the enjoyment of life itself - whether it's relaxing after a long day, or celebrating a special occasion with friends, being able to consume a safe and delicious drink can really help. That's why we've included a section in this book dedicated to giving you advice and recipes for a range of popular warm and cold drinks.

Cheers!

Making mealtimes more enjoyable


- It is important to **invest time** to make sure people with dysphagia enjoy their mealtimes. This is crucial to ensure they are getting adequate nutrition and hydration.
- Everyone is different. **Discuss** with your loved ones their favourite foods, their usual meal pattern, preferred times to eat, and what type of environment they prefer to eat in.
- Allow time to eat the meal. Mealtimes are a social event so allow time to **talk and interact** during the meal.
- Create a **relaxed, inviting atmosphere** by decorating the meal area with tablecloths, place mats, plants and pictures.
- When serving food to a person with dysphagia, consider whether the meal looks **appetising**. A plate of food that looks and smells good is more likely to be eaten.

Foods that may be difficult to swallow

Some foods are particularly difficult to swallow safely if you have dysphagia. You may be advised to take extra care when eating certain foods, and to avoid others altogether. Always follow your medical specialist's advice about what's best for you.

Foods that may be difficult to eat include:

- Stringy, fibrous textures – eg, pineapple; celery; runner beans; lettuce; bacon
- Vegetable and fruit skins – eg, broad beans; baked beans; soya beans; peas; grapes
- Mixed consistency foods – eg, soup with lumps; stewed fruit; mince with thin gravy; hard, gritty cereals such as muesli which do not blend with milk
- Crunchy foods – eg, toast; biscuits; crackers; nuts; flaky pastry; crisps
- Crumbly foods – eg, bread or pie crusts; crumble biscuits
- Hard foods – eg, boiled and chewy sweets and toffees; nuts and seeds
- Husks – eg, sweetcorn; brown breads; seeds; beans; popcorn



NOTE: Avoid ice cream, ice pops or jelly unless your Speech and Language Therapist tells you they are okay for you. Ice cream and ice pops turn to thin liquid in the mouth, and jelly breaks up into small pieces that are hard to control.

Step 1

The basics

Preparing food for someone with dysphagia can feel daunting, but it becomes easier with practice.

This section shows you the cooking equipment and utensils you may need and explains how to prepare a soaking solution.

It also features quick and simple recipes to help you learn the basic skills you'll need when cooking for someone with dysphagia.

Cooking equipment and utensils

Having the right cooking equipment and utensils is a great start – you may have most of these in your kitchen already!

- Use the shaker, blender, sieve and whisk to mix and blend food to the right consistency
- The scoop and piping bag help you to present food in an attractive way
- Measure the correct amount of foods, liquids, and thickening powder using the measuring jug and scoop
- Ice cube trays are useful for storing and freezing small portions of food

Soaking solution

- 200ml liquid (e.g. milk, fruit juice, stock)
- 1 scoop of Nutilis Clear

METHOD

1. Place liquid into a bowl, add Nutilis Clear and whisk thoroughly.
2. Use immediately and do not allow soaking solution to thicken before adding food.
3. Dip food in soaking solution for 1 minute and place on a plate.
4. Cover and refrigerate for 1½-2 hours before serving.

The amount of Nutilis Clear used in each recipe is used as an example and does not replace the advice of your healthcare professional. Individual requirements will vary so please refer to your healthcare professional if you are unsure how much Nutilis Clear is right for you.



Ice cube trays



Mixing bowls



Blender



Whisk



Piping Bag



Shaker



Measuring spoons



Measuring jug



Scoop



Sieve





Scrambled eggs

Level 4 puréed

TIP
 Add 25g of grated cheese to the eggs as they are cooking.
 Fry a handful of finely chopped onion in butter before adding the beaten eggs.
 Fry some chopped onions, mushrooms and ham in butter before adding the eggs.

INGREDIENTS (for 1 serving)*

- 2 eggs
- 50ml milk
- Salt
- Freshly ground pepper
- 2 scoops of Nutilis Clear



METHOD

- Mix 2 eggs, salt, pepper and 30ml milk in a small microwave-safe bowl.
- Stir thoroughly and microwave for 1-1½ minutes at medium power.
- Stir again until well mixed and microwave again 30 seconds at a time until desired texture is obtained.
- Mix well between cooking and take care not to overcook.
- Place the mixture in the blender with 20ml milk and blend until smooth.
- Whisk in Nutilis Clear and serve.

Nutritional intake per serving**

Energy	Fat	Carbohydrate	Protein
190kcal	12f	3.7g	16g

*Allergens may be present, please check individual product and ingredients labels. If concerned about allergens please contact your healthcare professional.

**All nutrient content values per serve are estimates only.

Instant Honey Porridge

Level 4 puréed

INGREDIENTS (for 1 serving)*

- 20g instant porridge oats or fine rolled oats
- 120ml milk
- 20ml cream
- 1 tsp clear honey
- A pinch of salt
- 2 scoops of Nutilis Clear

METHOD

- Put the oats in a saucepan, pour in milk and sprinkle in a pinch of salt.
- Bring to the boil and simmer for 1 minute, stirring from time to time and watching carefully that it doesn't stick to the bottom of the pan.
- Alternatively, you can try this in a microwave: Mix the oats, milk and a pinch of salt in a large microwave-proof bowl, then microwave on high for 1½ minutes, stirring halfway through.
- Add cream and honey into the mixture and blend until smooth.
- Add Nutilis Clear and blend for 10 seconds.



Serving suggestion

Nutritional intake per serving**

Energy	Fat	Carbohydrate	Protein
224kcal	9.9g	26g	7.1g

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**All nutrient content values per serve are estimates only.

Pasta

Level 4 puréed

INGREDIENTS (for 1 serving)*

- 75g hot overcooked pasta
- 75ml hot water
- 20ml cream
- 30g cheese
- 2 scoops of Nutilis Clear

METHOD

- Cook the pasta in boiling water as per pack instructions and overcook it slightly so it is soft.
- Put pasta into the blender, add water, cream and cheese and blend*** until smooth.
- Whisk or blend Nutilis Clear into the mixture and let it stand for 90 seconds.
- Pipe or spread it into the shape you need.

TIP

To make different pasta flavours add sun-dried tomato purée, pesto, Parmesan cheese, or smoked purée ham and blend with the pasta.

Nutritional intake per serving**

Energy	Fat	Carbohydrate	Protein
290kcal	14g	27g	12g

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Chicken

Level 4 puréed

INGREDIENTS (for 1 serving)*

- 75g diced chicken
- 50g onion (chopped)
- 50ml chicken stock
- 50g leek (chopped)
- 1 tbsp gravy browning
- 2 scoops of Nutilis Clear
- 1 tsp oil

METHOD

- Place diced chicken, chopped leeks, onion and chicken stock with oil in a pan and cook for 15 minutes.
- When cooked, blend*** until smooth.
- Thicken with Nutilis Clear and then use the chicken mould for presentation.

TIP

When the chicken is cooking in the pan you may add tomato purée, curry powder, wine†, sweet and sour sauce, herbs, other vegetables or cream to give more flavour. Dishes you could create include chicken curry or cream of chicken with mushroom.

Nutritional intake per serving**

Energy	Fat	Carbohydrate	Protein
170kcal	5.7g	7.6g	21g

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Vegetables

Level 4 puréed

METHOD

- Place vegetables, butter and milk powder in a blender and blend until smooth.
- Add Nutilis Clear into mixture and blend for 10 seconds.
- Let stand for 90 seconds and use an ice-cream scoop to serve or use vegetable moulds.

TIP

For increased variety and calories add 30g of grated cheese to create cauliflower or broccoli cheese.

INGREDIENTS (for 1 serving)*

Carrots, Turnips and Parsnips

- 50g cooked, soft vegetables
- 3g butter
- 40ml warm water or the juice the vegetables were cooked in
- 1 tsp milk powder
- 2 scoops of Nutilis Clear

Nutritional intake per serving**

Energy	Fat	Carbohydrate	Protein
81kcal	3.1g	9.6g	2.3g

Broccoli, Cauliflower, Spinach and Cabbage

- 50g boiled or steamed vegetables
- 3g butter
- 1 tsp milk powder
- 35ml vegetable stock or water
- 2 scoops of Nutilis Clear

Nutritional intake per serving**

Energy	Fat	Carbohydrate	Protein
64kcal	3g	5.96g	2.5g

METHOD

- Place vegetables, butter and milk powder in a blender and blend until smooth.
- Place through a sieve to remove all lumps, skins etc.
- Add Nutilis Clear into the mixture and blend for 10 seconds.
- Leave to stand for 90 seconds and use an ice-cream scoop to serve or use a suitable vegetable mould.

Peas and Green Beans

- 60g cooked vegetables
- 3g butter
- 50ml warm water or the juice the vegetables were cooked in
- 1 tsp milk powder
- 2 scoops of Nutilis Clear

Nutritional intake per serving**

Energy	Fat	Carbohydrate	Protein
98kcal	3g	11g	4.9g

REMEMBER: These vegetables must be passed through a sieve before thickening.

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Puréed fruits

Level 4 puréed

This recipe for puréed fruits will be used throughout the desserts section.

The best fruits to blend are tinned pears, peaches, apples, mandarins, oranges, mangoes, rhubarb, and papaya.

INGREDIENTS (for 1 serving)*

- 60g tinned fruits
- 30ml fruit juice
- 5 scoops of Nutilis Clear

METHOD

- Place all ingredients except Nutilis Clear in a blender and blend until smooth.
- Add Nutilis Clear and blend for another 10 seconds.

Nutritional intake per serving**

Energy	Fat	Carbohydrate	Protein
62kcal	0g	14g	0g

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Step 2 Growing in confidence

Once you've mastered the basics of blending, pureeing and thickening, you can move onto more challenging recipes.

The dishes in this section are a little more complex: they use a few more ingredients and take longer to prepare. The extra effort means they are even more delicious – enjoy!

Leek and Potato soup

Level 3 moderately thick



INGREDIENTS (4 servings)*

- 1400g potatoes (4 small potatoes)
- 50g onion (½ small onion)
- 2 cloves of garlic
- Olive oil for cooking the potatoes
- 50ml white wine
- 100ml of whipping cream
- Salt and pepper to taste
- 1 scoop of Nutilis Clear

FOR THE LEEK

- ½ large leek (the green part)
- 20g butter
- 20ml white wine
- 10g plain flour
- 100ml whipping cream
- 100 ml chicken stock
- Chopped parsley
- Salt and pepper to taste

METHOD

FOR THE POTATO: Peel and grate the potatoes, peel and finely chop the onion and peel and mince the garlic. Warm a pan with a splash of olive oil and add the onion, potatoes, garlic and some salt and pepper. Cook on low heat until they start to turn golden (20-30 minutes approximately). Add the white wine and cream and continue to cook for a further 15-20 minutes. Then, take off the heat and set aside. Crush the mixture all together with a fork until you achieve a puree. Add 1 scoop of Nutilis Clear to get the desired texture.

FOR THE LEEK: Clean and chop the leek finely. In a small pan, cook the leek, butter, the flour and a bit of salt and black pepper on a low heat while stirring. Once the leek is soft and you can't see any white lumps of flour, add the wine, cream, the parsley and chicken stock and let it boil until it thickens (about 10-15 minutes approximately). Take off the heat and blend the mixture using a stick blender. Add 1 scoop of Nutilis Clear to get the desired texture.

Nutritional intake per serving**

Energy	Fat	Carbohydrate	Protein
330.2kcal	24g	24.1g	3.4g

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***Please be aware that blending hot foods can be dangerous. Always check the manufacturer's instructions to ensure your blender is suitable for processing hot foods and follow their instructions for safe blending.

Red Beetroot Gazpacho soup

Level 2 mildly thick



INGREDIENTS (4 servings)*

- 8 tomatoes, skinned, deseeded and chopped
- ½ onion, diced
- ½ cucumber peeled, deseeded and cut into cubes
- ½ red pepper, diced
- 50g stale bread
- ½ garlic blanched 3 times
- 2-3 drops of tabasco
- 2 cooked red beets
- 50ml sherry vinegar
- 100ml olive oil
- 2 scoops of Nutilis Clear

METHOD

- Juice the red beets with salt and sugar.
- In a blender, blend all the ingredients until you get a puree consistency and season with sugar and salt.
- Add Nutilis Clear until you reach the right consistency.

TIP

The beetroot can be flavoured with different ingredients and oils. For example, you can drizzle mozzarella cream, yoghurt or sour cream into it. You can also flavour the dish with smoked fish or smoked meat cream. Mix it together before eating it.

Nutritional intake per serving**

Energy	Fat	Carbohydrate	Protein
345.8kcal	24.8g	23.4g	5g

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Pumpkin soup

Level 3 moderately thick



INGREDIENTS (4 servings)*

- 1 butternut pumpkin
- 5 carrots
- 3 red peppers
- 500ml chicken stock
- 300g unsalted butter
- 4 cloves of garlic
- 30g fresh ginger
- 150ml cream (35% fat)
- Extra virgin olive oil
- Salt and black pepper
- 1 scoop of Nutilis Clear

METHOD

PUMPKIN PUREE: Peel the pumpkin, cut it in half and remove the seeds with a spoon. Cut the pumpkin into cubes. Peel the carrots, cut into chunks, discarding the ends. Peel the garlic and ginger and grate them. Heat a large saucepan to medium heat, add the butter, garlic, ginger and the pumpkin and

carrot. Cook it until vegetables begin to soften. Add the chicken stock and reduce to low heat and cook the vegetables for 20 - 30 minutes. Once the pumpkin and carrots are soft, transfer them to a blender and blend until smooth. Season with salt and black pepper to taste.

RED PEPPER PUREE: Preheat the oven to 180°C and brush a baking sheet with olive oil. Wash the peppers, toss them in a little olive oil and salt and lay on the baking sheet. Roast for 20 - 30 minutes. Turn the peppers over using tongs and place back in the oven for another 20 - 30 minutes. Remove from the oven and let cool. Remove the core, peel and seeds and then put the peppers in a bowl with 2tbsp of olive oil and blend with a hand blender. Season with salt and black pepper to taste.

THE CREAM: Mix the cream with one scoop of Nutilis Clear to get the same texture as the other purees.

Nutritional intake per serving**

Energy	Fat	Carbohydrate	Protein
486.1kcal	38.3g	25.2g	5.5g

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Watermelon and mint soup

Level 3 moderately thick



INGREDIENTS (4 servings)*

- ½ watermelon (500g of juice)
- 3 scoops Nutilis Clear
- 5g of mint leaves
- 1 mint candy (Halls, Fisherman's friend or similar)
- 20g of water
- 1 scoop Nutilis Clear

METHOD

- First make juice with the watermelon and strain it.
- Then put 500ml of this juice in a pitcher and add the 3 scoops of Nutilis Clear to thicken.
- For the mint accompaniment, crush all the ingredients in a pestle and mortar and pass through a sieve to have a fine cream.
- Then add the 1 scoop of Nutilis Clear.

Nutritional intake per serving**

Energy	Fat	Carbohydrate	Protein
51.1kcal	0.3g	10.9g	0.6g

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Minced Beef or Bolognese Sauce

Level 4 puréed

INGREDIENTS (for 1 serving)*

- ½ tbsp sunflower oil
- 30g onion (chopped)
- 30g carrots (chopped)
- 100g minced beef
- 2 tbsp tomato purée
- Large splash Worcestershire sauce
- 75ml beef stock
- 5 scoops of Nutilis Clear

METHOD

- Heat the oil in a medium saucepan, and soften the onion and carrots for a few minutes.
- When soft, turn up the heat and crumble in the beef. Brown the beef, tipping off any excess fat. Add the tomato purée and Worcestershire sauce and fry for a few minutes.
- Pour over the stock, bring to a simmer, then cover and cook for 40 minutes, uncovering halfway.
- Place the mixture into the blender and blend*** until smooth.
- Whisk in Nutilis Clear to thicken.

TIP

Put puréed minced beef in an oven proof dish. Then pipe smooth instant mashed potato on top for a great cottage pie. You can also use this recipe to make bolognese by adding 75g passata, some Italian herbs and ½ clove of garlic.

Serving suggestion

Nutritional intake per serving**

Energy	Fat	Carbohydrate	Protein
334kcal	7.6g	29g	29g

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Salmon

Level 4 puréed

INGREDIENTS (for 1 serving)*

- 50ml water
- 15ml dry white wine or dry vermouth†
- 30g onion, sliced
- Salt and pepper
- 2 sprigs dill or ½ tsp dry dill weed (no stems)
- 2 sprigs parsley (no stems)
- 100g boneless and skinless salmon steaks
- 25ml cream
- 1 scoop of Nutilis Clear

METHOD

- Combine water, wine, onion, salt, pepper, dill and parsley in a large saucepan.
- Heat until it reaches boiling point. Reduce heat, cover and simmer for 10 minutes.
- Add the salmon steaks, cover and simmer gently for 5 minutes (a little longer for steaks thicker than ½ inch), or until fish flakes easily with a fork.
- Add cream to the mixture and blend*** until smooth.
- Whisk or blend Nutilis Clear into the mixture to thicken.

Nutritional intake per serving**

Energy	Fat	Carbohydrate	Protein
271kcal	15g	6.3g	24g

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Sausage & Onions

Level 4 puréed

INGREDIENTS (for 1 serving)*

- 10ml vegetable oil
- 100g sausage meat or skinned uncooked sausage
- 50g onions
- 50ml water
- 1 tsp gravy browning
- 1 tsp chopped sage
- 4 scoops of Nutilis Clear

METHOD

- Heat the oil in a pan and sweat the onion for five minutes until soft.
- Add the sausage meat and water, then cook gently for 10 minutes.
- Add the gravy browning and blend*** until smooth.
- Add Nutilis Clear to thicken.
- Place the mixture into a sausage food mould or pipe on the plate.



TIP

When blending your sausage you could add tomato sauce, brown sauce, or mustard sauce to create different flavours.

Nutritional intake per serving**

Energy	Fat	Carbohydrate	Protein
457kcal	35g	20g	13g

*Allergens may be present, please check individual product and ingredients labels. If concerned about allergens please contact your healthcare professional. **All nutrient content values per serve are estimates only.

***Please be aware that blending hot foods can be dangerous. Always check the manufacturer's instructions to ensure your blender is suitable for processing hot foods and follow their instructions for safe blending.

Ratatouille

Level 4 puréed

INGREDIENTS (for 1 serving)*

- 50g aubergine
- 50g courgette
- 40g red or yellow pepper
- 2 tbsp olive oil
- 100ml passata or tinned tomatoes passed through a sieve
- Small bunch of basil (no stems)
- 30g onions
- ½ garlic clove peeled and crushed
- 1 tbsp red wine vinegar
- 5 scoops of Nutilis Clear

METHOD

- Heat oil in a large casserole dish and sweat the onions and garlic for 10 minutes on a low heat with the lid on.
- Add peppers, aubergines and courgettes. Season with salt and pepper, stir and cook for a further 20 minutes with the lid on.
- Pour in the passata or tinned tomatoes and red wine vinegar, stir and check the seasoning. Cook for a further 5 minutes without the lid.
- Stir in the basil.
- When cooked, blend*** until smooth and whisk in Nutilis Clear.



TIP

You can serve this with pasta or smooth mashed potato on top.

Nutritional intake per serving**

Energy	Fat	Carbohydrate	Protein
339kcal	26g	16g	4.3g

*Allergens may be present, please check individual product and ingredients labels. If concerned about allergens please contact your healthcare professional. **All nutrient content values per serve are estimates only.

***Please be aware that blending hot foods can be dangerous. Always check the manufacturer's instructions to ensure your blender is suitable for processing hot foods and follow their instructions for safe blending.

Mango chill

Level 4 puréed

INGREDIENTS (for 1 serving)*

- 60g semi-defrosted mango (leave out of the freezer for 10 minutes before preparing)
- 130ml vanilla yogurt
- 20ml apple juice
- 6 scoops of Nutilis Clear

METHOD

- Place all the ingredients in a blender and blend until smooth.
- Use an ice cream scoop to serve.



TIP

You can create other flavours for this dessert to your liking, for example, apple, pear and peach.

Nutritional intake per serving**

Energy	Fat	Carbohydrate	Protein
216kcal	4.5g	34g	8.2g

*Allergens may be present, please check individual product and ingredients labels. If concerned about allergens please contact your healthcare professional. **All nutrient content values per serve are estimates only.

Irish cream

Level 4 puréed



INGREDIENTS (for 1 serving)*

- 20ml Irish Cream Liqueur†
- 100g whipped cream (double cream is best)
- 1 tsp chocolate powder

METHOD

- Place all ingredients in a bowl and mix until thick using a hand or electric whisk.
- Pipe into a bowl or glass and serve.

TIP

You can replace the chocolate with a teaspoon of ground coffee for a different flavour.

Nutritional intake per serving**

Energy	Fat	Carbohydrate	Protein
588kcal	57g	11g	2.5g

*Allergens may be present, please check individual product and ingredients labels. If concerned about allergens please contact your healthcare professional. **All nutrient content values per serve are estimates only.

†Please check with your healthcare professional before using recipes containing alcohol.

Step 3 Expert

Feeling adventurous? Now you're an expert in dysphagia cookery, take the next step and learn how to present your dishes like a chef.

The meals in this section use more advanced skills such as piping, moulding and layering, so your food not only tastes delicious but looks great too. Have fun and get creative – your tastebuds will thank you!

Full breakfast

Level 4 puréed

INGREDIENTS (for 1-2 servings)*

- Sausages (see recipe on page 39)
- Scrambled eggs (see recipe on page 16)
- 50ml tomato juice
- 2 scoops Nutilis Clear

METHOD

- Put the sausages and scrambled eggs onto the plate (you can use food moulds or just pipe them onto the plate).
- Place the tomato juice into a bowl, add Nutilis Clear, whisk and leave to stand for 90 seconds (you can use food moulds or just pipe the tomato directly onto the plate).



Nutritional intake per serving**

Energy	Fat	Carbohydrate	Protein
665kcal	47g	25g	29g

*Allergens may be present, please check individual product and ingredients labels. If concerned about allergens please contact your healthcare professional. **All nutrient content values per serve are estimates only.

Fish in cheese sauce

Level 4 puréed

INGREDIENTS (for 1 serving)*

- 100ml milk
- 30g finely chopped onion
- 100g boneless fish (white fish like cod is ideal)
- 10g butter
- 40g grated cheese
- 2 tsp lemon juice
- 5 scoops of Nutilis Clear

METHOD

- Place milk, fish, butter and onion into a saucepan.
- Poach fish until soft — this takes about 10 minutes. Be careful not to boil.
- Place the mixture into the blender.
- Add Nutilis Clear with the lemon juice and cheese, and blend*** until smooth.



TIP
Place the fish in a small dish and then pipe lump-free mashed potato on the top. Heat in a microwave for 30 seconds for a lovely fish pie.

Nutritional intake per serving**

Energy	Fat	Carbohydrate	Protein
399kcal	25g	11g	31g

*Allergens may be present, please check individual product and ingredients labels. If concerned about allergens please contact your healthcare professional. **All nutrient content values per serve are estimates only.
†Please check with your healthcare professional before using recipes containing alcohol.



Cannelloni

Level 4 puréed

INGREDIENTS (for 1-2 servings)*

- Puréed pasta (recipe on page 36)
- Puréed Ratatouille (recipe on page 40)
- Puréed spinach (recipe on page 44)

METHOD

- Spread out a 20cm piece of cling film on your worktop.
- Using a food piping bag, spread a 10cm by 8cm strip of puréed pasta.
- Then using another food piping bag, spread the puréed spinach on top.
- Place a 4cm strip of puréed ratatouille down the middle of the pasta.
- Then lift the side of the cling film and roll into a sausage shape.
- Pull the cling film back and slice into 2cm slices to serve.

Nutritional intake per serving**

Energy	Fat	Carbohydrate	Protein
689kcal	42.9g	47.5g	19g

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***Please be aware that blending hot foods can be dangerous. Always check the manufacturer's instructions to ensure your blender is suitable for processing hot foods and follow their instructions for safe blending.



Lasagne

Level 4 puréed

INGREDIENTS (for 1 serving)*

- Puréed cooked bolognese sauce (see page 37)
- Puréed pasta warm (see page 36)
- Finely grated Parmesan cheese (optional)

METHOD

- Pipe the puréed meat on to a plate into a 6cm by 6cm square. Alternatively use a small square oven dish.
- Then continue the layering. Pipe pasta on the meat, then add another layer of meat and finish with a layer of pasta topped with Parmesan cheese.



Nutritional intake per serving**

Energy	Fat	Carbohydrate	Protein
624kcal	21.6g	56g	41g

*Allergens may be present, please check individual product and ingredients labels. If concerned about allergens please contact your healthcare professional. **All nutrient content values per serve are estimates only.

Salads

Level 4 puréed

INGREDIENTS (for 1 serving)*

Avocado & Cream Cheese

- 50g avocado, peeled and chopped
- 30g cream cheese
- 30g mayonnaise
- 30ml milk
- 2 scoops of Nutilis Clear

Nutritional intake per serving**

Energy	Fat	Carbohydrate	Protein
406kcal	41g	5.3g	3.8g

Tuna or Salmon

- 50g tinned tuna or salmon
- 30g mayonnaise
- 30ml milk
- 2 scoops of Nutilis Clear

Note: make sure there are no bones in the fish.

Nutritional intake per serving**

Energy	Fat	Carbohydrate	Protein
406kcal	41g	5.3g	3.8g

Potato Salad

- 50g potato salad
- 30ml milk or water
- 20g mayonnaise
- 2 scoops of Nutilis Clear

Nutritional intake per serving**

Energy	Fat	Carbohydrate	Protein
283kcal	26g	9.1g	2g

Beetroot Salad

- 50g cooked beetroot
- 50ml milk
- 20g mayonnaise
- 2 scoops of Nutilis Clear

Nutritional intake per serving**

Energy	Fat	Carbohydrate	Protein
203kcal	17g	8.7g	3.1g

Coleslaw Salad

- 50g coleslaw salad
- 30g mayonnaise
- 30ml milk
- 3 scoops of Nutilis Clear

Nutritional intake per serving**

Energy	Fat	Carbohydrate	Protein
325kcal	32g	7.1g	1.8g

Cucumber with Mint Salad

- 100g peeled cucumber
- 1 tsp mint sauce
- 30g natural yogurt
- 4 scoops of Nutilis Clear

Nutritional intake per serving**

Energy	Fat	Carbohydrate	Protein
60kcal	1.5g	7.9g	2.8g

Lettuce Salad

- 50g lettuce
- 30ml warm water
- 30ml natural yogurt
- Pinch of salt
- 4 scoops of Nutilis Clear

Nutritional intake per serving**

Energy	Fat	Carbohydrate	Protein
47kcal	1g	6g	2.4g

METHOD

- Place all ingredients except the Nutilis Clear in a blender and blend until smooth.
- Once blended, pass through a sieve.
- Add in the Nutilis Clear and blend for another 30 seconds.
- You can use fruit, fish or sausage moulds to shape the salads. Alternatively use an ice cream

*Allergens may be present, please check individual product and ingredients labels. If concerned about allergens please contact your healthcare professional. **All nutrient content values per serve are estimates only.

Drinks Section



People with dysphagia are susceptible to becoming dehydrated, which can lead to serious health problems.

In this section, you will discover:

- Why hydration matters for your health and wellbeing
- The concept of “mouthfeel”
- Tips for improving the palatability of drinks

The art of mixing drinks

Recipes for delicious smoothies, soft drinks, and cocktails

The importance of hydration

Drinking enough liquid is essential for good health. If you don't drink enough, you risk becoming dehydrated and unwell.

Staying hydrated is important because the average adult body contains ~55-60% water. Water has many vital functions. It helps your digestive system to absorb nutrients and helps your blood to carry those nutrients around the body. Water is also essential for the brain to work properly and for the regulation of body temperature.

Studies show that more than half of people with dysphagia are dehydrated. Reasons for this include:

- Swallowing normal liquids can be challenging
- Anxiety around eating and drinking means less is consumed
- Thickened drinks may be less palatable than regular drinks
- Some dysphagia drinks are not good at quenching thirst
- Thickened drinks may not release flavour into the mouth

Drinks - More than just hydration

Staying hydrated is critical for health and survival. It is also important for our well-being and quality of life. Whether it's a cup of tea, a freshly squeezed orange juice, or a glass of wine, drinking is often a social occasion to be enjoyed with friends and family.

For people with dysphagia, missing out on the social and cultural aspects of drinking can be as distressing as the effects on their health. That's why we want to help you to find ways of making drinks not just palatable but actively pleasurable.

Everyone has different preferences. Experiment with different flavours, textures, temperatures and "mouthfeels" to discover how to make your drinks more enjoyable. With a little practice, you are sure to find what works for you.



Mouthfeel

“Mouthfeel” describes the way food or drink feel in the mouth. It is not the same as taste. Because mouthfeel changes how the brain perceives different textures and thicknesses, it can be used to make thickened liquids more palatable and pleasurable to consume.

Perceptions of cold

Certain flavours, such as menthol and peppermint, induce a false sensation of cold in the mouth. They do this by affecting temperature-sensitive nerves, even though the actual mouth temperature does not change.

By contrast, so-called “sugar alcohols” (polyols) like xylitol and erythritol actually cause the temperature in the mouth to drop.

Perceptions of hot

Some foods, such as chilis or black pepper, are “thermogenic”. When you eat them, they cause a heat reaction in your body that increases how quickly your body converts food to energy (known as your metabolic rate).

This is because these foods contain chemicals (piperine in pepper, capsaicin in chili) that affect receptors in the mouth to give an intense feeling of heat.

Below is a list of ingredients that can be added to drinks to stimulate the mouth and make drinking thickened and texture-modified liquids more enjoyable.

HOT SENSATION

Allspice
Alcohol
Anise
Black pepper
Camomile
Cardamom
Chilli
Cinnamon
Clove
Cumin
Eucalyptus
Fennel
Ginger
Nutmeg
Sichuan pepper

COLD SENSATION

Basil
Bay leaves
Citric Acid
Citric fruits
Erythritol
Flowers
Lemongrass
Mint
Peppermint
Rosemary
Sage
Spearmint
Thyme
Tropical Fruits
Xylitol

Mixology tips



Shaking

The most effective way to mix ingredients, colours and textures. Place all ingredients in the shaker (with ice, if required); close the lid; shake vigorously; strain and pour.



Stirring

A method to slightly dilute drinks while chilling. Place the drink and ice in a mixing glass and stir with a spoon.



Muddling

A technique to extract the natural juices, oils and flavour from fresh herbs, vegetables and fruits. Place ingredients in the mixing glass and crush with a pestle or other blunt utensil.



Juicing

A method of extracting juice from a fruit, vegetable or herb using a centrifugal, masticating or citrus juicer. The juice should be sieved before serving.



Blending

A technique for breaking down and mixing ingredients to create a smooth texture. When blending foods for dysphagia patients it is important to minimise how much air is incorporated. A hand mixer (stick blender) is better than a blender; sieving after blending also helps eliminate incorporated air.



Straining

A mixology technique used to separate ice and pulp from liquid when making a drink. Always strain to remove larger lumps, prior to sieving and thickening.



Infusing

A way of soaking herbs, tea leaves, fruits, vegetables or spices in liquid to extract properties like flavour (taste and aroma), mouthfeel or colour. Infusions can be made using water, dairy and non-dairy milk, spirits or juices, at either hot or cold temperatures. Place the food and liquid in a container; leave to infuse; then filter through a cheesecloth or fine mesh strainer.



Sweetening

Involves adding a sweetener in liquid form to enhance flavour and palatability. Avoid using sugar in granulated form; instead, dissolve granulated sugar in water to make sugar syrup or use liquid sweeteners such as honey, agave or maple syrup. Artificial sweeteners and polyols may also be used.



Sieving

Unlike straining, which separates liquids from solid, sieving is also used to refine texture. Sieving is very important for people with dysphagia because it eliminates lumps and ingredients that are not fully blended or dissolved. It is the final step before thickening.



Thickening

This is the final and most important stage in mixology as it alters the thickness of a drink to make it safe to swallow. The right thickness for safe swallowing will vary; always follow your medical specialist's advice on the thickness that is right for you. Once you have determined the correct amount of thickener, add it gradually to the drink, stirring throughout.



Layering

Layering is a way of presenting drinks that contain different flavours or colours. Place a spoon so it rests against the inside of the glass, then slowly pour the first liquid over the back of the spoon. Repeat with the next liquid – it should remain separated from the ingredient below.



Rimming

Rims typically comprise a liquid and a solid and are used for decoration and to enhance flavour. In drinks for people with dysphagia, it is important that the rimming solution has the same thickness as the liquid. Make the rim with a thickened solution of the desired ingredient (eg, salt, sugar, erythritol, citric acid) on a liquid (juice, water, infusions, etc). Once the rimming solution has thickened, moisten the rim of your glass before pouring the drink.



Garnishing

The art of decorating drinks to make them visually appealing. In mixology for dysphagia, ensure the garnish is large enough to be seen and not swallowed accidentally.



Drinkware

Choosing the right glass can improve not only nuances in flavour but also the size, form, and visual attractiveness of the drink – thereby enhancing its enjoyment.

Mixing drinks: more facts



Temperature

Temperature alters the perception of textures in the mouth. Thickened liquids tend to be more palatable at colder temperatures. If using ice to cool liquids, be sure to sieve the drink before adding thickener, to remove any ice crystals.



Alcohol

Alcohol causes increased blood flow and a sensation of heat in the mouth, which may be perceived as pleasurable. Pay attention to the alcohol content of drinks and always follow your medical specialist's recommendations about safe alcohol limits.



Mouthfeel

Describes the way food or drinks feel in the mouth. Mouthfeel changes how the brain perceives different textures and thicknesses by stimulating different nerves in the mouth.



Fattiness

The amount of fat in a drink influences how its perceived temperature. A drink's fat content also affects how quickly it reacts with thickening agents. Fattier liquids (eg, milk) take longer to thicken, so allow more time in between scoops of powder.



Acidity

The acidity of a liquid affects how texture is perceived in the mouth; dysphagia patients may show a preference for sour tastes. Acidity also influences the thickening process.



Fizziness

Carbonated drinks can be dangerous for patients with dysphagia since the bubbles can interfere with swallowing. In order to make carbonated liquids safe, stir, shake or warm them. Once all the bubbles have dispersed, thickener can be added.



Warm drinks

Café Mocha or Mochaccino

INGREDIENTS (2 servings)*

- 350g whole milk
- 2 Shot Espresso (30 ml each)
- 100g milk chocolate, grated
- 50ml simple syrup (1:1), cold
- 1 spring vanilla

METHOD

- In a small pot bring the milk and sugar syrup to a boil with the vanilla spring.
- Turn off the heat, add the grated chocolate, mix well and let it rest for 20 minutes.
- Pass through a fine sieve to remove any particles.
- Make the two espresso shots and add to the mixture.
- Cool down to serving temperature (4°C) if you want a mochaccino or warm up to (75°C) for a café mocha, add Nutilis Clear for 1 serving (200ml) to thicken it.
- Validate the viscosity with the correct method.
- Serve on a milkshake cup.



Chai latte

INGREDIENTS (2 servings)*

- 450g whole milk
- 15g sugar
- 3 black tea bags
- 5g fresh ginger
- 4 cardamom pods
- 1 cinnamon stick
- 1 whole clove
- 1 anise star
- 1 all spice

METHOD

- Add the species (ginger, cardamom, cinnamon, clove, anise star and all spice) in a small pot with the milk.
- Add the tea bags and sugar.
- Bring to boil. Turn off the heat and let it rest for 20 minutes.
- Pass through a fine sieve to remove any particles.
- Let cool to serving temperature (75°C), add Nutilis Clear for 1 serving (200ml) to thicken it.
- Validate the viscosity with the correct method.
- Serve on a tea cup.



Smoothies

METHOD

- Place all ingredients into blender and blend until smooth.
- Pass smoothie through a sieve.
- Pour into a glass and serve.

TIP

To achieve an alternative level of drink, refer to dosing guidelines on Nutilis Clear tin.

INGREDIENTS (for 1 serving)*

Melon

- 75g melon
- 50ml fruit juice or milk
- 100ml smooth yoghurt

Nutritional intake per serving**

Energy	Fat	Carbohydrate	Protein
128kcal	3.3g	17g	6.5g

Banana, Orange and Ginger

- 60g peeled banana, broken into chunks
- 50ml orange juice
- ½ tsp ground ginger (to taste)
- 100ml smooth yogurt

Nutritional intake per serving**

Energy	Fat	Carbohydrate	Protein
116kcal	3.3g	26g	7g

Strawberry and Banana

- 60g banana, broken into chunks
- 50g frozen strawberries
- 50ml milk
- 100ml smooth yogurt

Nutritional intake per serving**

Energy	Fat	Carbohydrate	Protein
193kcal	5.2g	26g	8.7g

Mango and Honey

- 100g tinned or fresh mango (if using fresh mango peel skin and cut flesh from stone)
- 100ml smooth yogurt
- 50ml milk
- 1 tsp clear honey to sweeten

Nutritional intake per serving**

Energy	Fat	Carbohydrate	Protein
205kcal	5.2g	29g	8.3g

Coconut Strawberry

- 250g strawberries, cold
- 50ml lime juice (1.5 limes), cold
- 75g celery cut into pieces, cold
- 100ml coconut milk, cold
- 50ml simple syrup (1:1), cold

Nutritional intake per serving**

Energy	Fat	Carbohydrate	Protein
193kcal	5.2g	26g	8.7g

Banana Blueberry

- 200 g banana, peeled and cut into chunks, cold
- 150 g blueberries, cold
- 125 g full fat yoghurt, cold
- 100 ml whole milk, cold
- 20 ml lemon juice (0.5 lemon), cold
- 30 ml simple syrup (1:1), cold

Nutritional intake per serving**

Energy	Fat	Carbohydrate	Protein
205kcal	5.2g	29g	8.3g



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Mocktails and Refreshing Drinks

INGREDIENTS (for 2 servings)*

Virgin Piña Colada

- 400g pineapple, peeled and diced, cold
- 150g coconut milk, cold
- 2 springs of fresh mint
- 100ml tonic water, cold

METHOD

- Add the pineapple, coconut milk, fresh mint and tonic water into a blender.
- Blend together.
- Pass through a fine sieve to remove any particles.
- Add Nutilis Clear for 1 serving (200ml) to thicken it.
- Validate the viscosity with the correct method.
- Serve in a piña colada glass with a slice of pineapple and a cherry as garnish.



Recovery Drink

- 250ml apple juice, cold
- 50ml lime juice (1,5 limes), cold
- 100g cucumber cut into chunks, cold
- 50g sorrel
- 50g wheatgrass (or spinach)
- 5g fresh ginger
- 30ml simple syrup (1:1), cold

METHOD

- Add the apple juice, lime juice, cucumber, sorrel, wheatgrass, simple syrup and ginger into a blender.
- Blend together.
- Pass through a fine sieve to remove any particles.
- Add Nutilis Clear for 1 serving (200ml) to thicken it.
- Validate the viscosity with the correct method.
- Serve in a whisky glass or Old fashioned glass.

Watermelon Basil

- 450g watermelon, peeled in cubes, cold
- 6 leaves of fresh basil
- 2 spring of basil

METHOD

- Blend the watermelon cubes together with the fresh basil leaves.
- Pass through a fine sieve to remove any fibres or particles.
- Add Nutilis Clear for 1 serving (200ml) to thicken it.
- Validate the viscosity with the correct method.
- Serve in a margherita glass with basil spring as garnish.

Pink Lemonade

- 100g strawberries, cold
- 50g raspberries, cold
- 70g lemon juice (2 lemons), cold
- 200ml water, cold
- 50ml simple syrup (1:1), cold

METHOD

- Add the red berries, lemon juice, simple syrup and water into a blender.
- Blend together.
- Pass through a fine sieve to remove any particles.
- Add Nutilis Clear for 1 serving (200ml) to thicken it.
- Validate the viscosity with the correct method.
- Serve in a short glass with a straw.



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INGREDIENTS (for 2 servings)*

Iced Lemon and Ginger Green Tea

- 400g water
- 50ml simple syrup (1:1), cold
- 3 green tea bags (or 4 teaspoons of powdered tea)
- 5g fresh ginger
- 1 lemon, juice
- ½ lemon, peel

METHOD

- Bring water to boil in a small pot or kettle.
- Add the species (ginger, lemon peel) in the pot.
- Add the green tea bags or tea powder.
- Turn off the heat and let it rest for 20 minutes.
- Pass through a fine sieve to remove any particles.
- Add the lemon juice and sugar syrup.
- Cool to serving temperature in the fridge (4°C), add Nutlis Clear for 1 serving (200ml) to thicken it.
- Validate the viscosity with the correct method.
- Serve on a high ball glass. With a lemon twist as garnish.



Cocktails

INGREDIENTS (for 2 servings)*

Fall & winter in Brazil

For fall part:

- 50ml lime juice, cold
- 1 spring basil
- 50g spinach
- 20ml cachaça, cold
- 30ml simple syrup (1:1), cold
- 40ml soda water, cold

For winter part:

- 75ml mandarin juice, cold
- 75ml orange juice, cold
- 50ml lemon juice, cold
- 20ml cachaça, cold
- 30ml simple syrup (1:1), cold

METHOD

For fall part:

- Add the lime juice, basil leaves, spinach, cachaça and simple syrup into a blender.
- Blend together.
- Pass through a fine sieve to remove any particles.
- Remove the gas from soda water by stirring it.
- Mix all together
- Add Nutilis Clear for 1 serving (100 ml) to thicken it.
- Validate the viscosity with the correct method.

For winter part:

- Stir together the juices (mandarin, orange and lemon), cachaça and simple syrup.
- Pass through a fine sieve to remove any particles.
- Add Nutilis Clear for 1 serving (100 ml) to thicken it.
- Validate the viscosity with the correct method.

INGREDIENTS (for 2 servings)*

Mouthfeel Mojito

- 50ml rum
- 200ml soda water
- 12 leaves of fresh mint
- 100ml lime juice (3 limes), cold
- 50ml simple syrup (1:1) (or erythritol), cold
- 2 spring mint for garnish

METHOD

- Cut the lime into wedges.
- Mud the lime and the mint leaves in a mixing glass with a pestle.
- Strain the mixture and put it in a shaker.

- Add the rum and simple syrup (or erythritol if desired for extra mouthfeel) to the mix.
- Remove the gas from soda water by stirring it.
- Mix all together on a shaker with a couple of ice cubes to reach the desirable temperature.
- Sieve the mixture and put it in a glass.
- Add Nutilis Clear for 1 serving (200ml) to thicken it.
- Validate the viscosity with the correct method.
- Serve in a Collins glass with mint leaves as garnish.

You've done it!

Well done on completing the Dysphagia-Connect 3-Step Programme!

We hope this guide has made it easy for you to understand the basic principles of cooking and preparing drinks for people with dysphagia, and that you now feel confident about making safer, pleasurable and nutritious meals using Nutilis Clear.

Why not use the following pages to create your own recipes and note down your preferred flavours and textures.

We'd love to hear from you. You can share feedback and your own recipes via [URL/email address/postal address].



