

POST-POEM DIET

Tips and Recipes for Blenderized and Pureed Foods

POEM stands for “per-oral endoscopic myotomy” and is an incision-less endoscopic procedure to help relieve swallowing issues related to disorders such as achalasia, Zenker’s diverticulum and gastroparesis. To learn more about POEM before your procedure, please visit: www.uclahealth.org/esophageal-center/poem



General Tips

Steps for making blenderized or pureed foods:

- Remove skins, seeds, pits, bones, tough membranes and other inedible parts of foods.
- Cook food until tender. Food already cooked, such as canned fruits, vegetables or meats and fish do NOT need further cooking.
- Cut foods into small pieces and place in a blender or food processor. It is also okay to use an immersion blender for ease of cleaning.
- Add liquid (juice, milk/milk substitute, broth/soup, vegetable juice, gravy) to blender. Use equal amounts of food and liquid.
- Add small amounts of liquid to food to help thin to a drinkable consistency. For instance:
 - Use warm milk to thin pureed macaroni and cheese, or eggs or potatoes.
 - Melt ice cream, sherbet, and gelatin and mix with milk or fruit juice.
 - Use milk to thin pudding or strained yogurt.
 - Use fruit juice to thin pureed fruit.
- After blending, strain the contents in the blender to remove lumps, seeds or chunks.
- If you cannot or do not want to drink the whole portion, refrigerate or freeze leftovers for later (refrigerate for no more than 3 days; freeze for up to 6 months).

Any food can be “blenderized.” Here are examples:

Food Type	How To Thin
Meats, fish, poultry, pork	Blend with broths, water, milk, vegetable or V-8 juice, tomato sauce, gravy.
Vegetables	Blend with water, tomato juice, milk, soymilk, broths, strained baby vegetables.
Starches (potato, pasta, beans)	Potatoes, pasta: Blend with soups, broth, milk, water, gravy; add strained baby meats, etc. to add protein if needed. Consider using hot cereals such as Cream of Wheat/Rice®, grits, etc. as your “starch” at lunch and dinner.
Fruits	Blend with their own juices, other fruit juices, water, strained baby food.
Cereals	Make with caloric beverage such as whole milk, soy or rice milk, juice, liquid nutritional supplements, etc., instead of water. Add sugars, honey, molasses, syrups or other flavorings. For extra calories, use butter or margarine. Use whole milk or high fat yogurt with dry cereals.
Mixed dishes	Lasagna, macaroni and cheese, spaghetti, chili, stews, hearty soups, chop suey – add adequate liquid of your choice, blend well and strain.

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Recipes

ENTREES



Blenderized Meats

- ½ cup cooked meat or 1 jar baby food strained meat
- 6 tablespoons hot broth
- Salt and pepper to taste
- Place meat and broth in blender. Cover. Process on low speed until smooth. Add salt to taste.
- Yield: 1 serving www.netwellness.org

Beef Stew

- 1 cup cooked beef stew
- 1 cup beef bouillon
- Put all ingredients into blender. Blend well.
- Yield: 1 serving

Chicken and Noodles

- 1 cup boiled chicken and noodles
- ½ cup mashed potatoes
- 1 cup hot chicken broth
- Put chicken, noodles and potatoes in blender. Blend until smooth. Add broth and puree.
- Yield: 1 serving

Macaroni and Cheese

- 1 cup baked macaroni and cheese
- 1 cup hot milk
- Add all ingredients to blender. Blend well.
- Yield: 1 serving

Steak and Mushrooms

- 3 ounces cooked steak
- ½ cup mashed potatoes
- ¾ cup mushroom gravy or soup 1 cup hot milk
- Put steak in blender. Blend until finely minced. Add remaining ingredients and blend until smooth.
- Yield: 1 serving

ENTREES



Meat Loaf

- 3 ounces meat loaf
- 1 small boiled potato
- 1 small boiled carrot
- 2 tablespoons brown gravy
- 1 cup beef bouillon
- Cut meat loaf, potato and carrot into cubes. Put all ingredients into blender and blend until smooth.
- Yield: 1 serving

Tuna Salad

- 1 can tuna with liquid
- 2 tablespoons mayonnaise
- 1 shallot
- Add ingredients to blender and puree.
- Yield: 1 serving

Avo-Shrimp with Polenta

- ¾ cup cooked polenta
- 4 cups water or chicken/veggie broth
- Pinch of salt
- 1 cup precooked frozen baby shrimp without shells, defrosted
- ½ a ripe avocado
- Bring water and salt to boil in a large saucepan, pour polenta slowly into boiling water, whisking constantly until all polenta is stirred in and there are no lumps.
- Reduce heat to low and simmer, whisking often, until polenta starts to thicken about 5 minutes.
- Polenta mixture should be loose, cover and cook for 30 minutes, whisking every 5 to 6 minutes, polenta is done when the texture is creamy and the individual grains are tender. Turn off heat.
- Blend shrimp with avocado with immersion blender until whipped texture
- Spoon ¼ of polenta mix into bowl, refrigerate the rest
- Top with shrimp/avocado mixture

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Recipes

VEGETABLES & SALADS



Blended Vegetables

- ½ cup cooked vegetables
- 6 tablespoons milk or hot broth
- Salt and pepper to taste
- Place vegetables and liquid in blender. Cover. Process on low speed until smooth. To test if smooth, rub a small amount between your fingers. If any large particles can be felt, process again. Add salt and pepper to taste. Heat and serve.
- Yield: 1 serving

Spinach Soufflé

- 1 package frozen spinach soufflé
- ½ can cream of chicken or cream of mushroom soup
- Cook spinach soufflé according to directions. Heat soup. Place cooked soufflé and hot soup in blender and blend until smooth. Add water as needed to make more liquid.
- Yield: 2 - 2½ cups

Mashed Potatoes

- ½ teaspoon salt
- 2 cups milk
- 2 tablespoons margarine
- 1 cup instant mashed potato flakes
- Combine salt, milk, and margarine in saucepan and simmer. Add instant potatoes and mix well. If too thick, add hot water to desired consistency.
- Yield: 2 cups

VEGETABLES & SALADS



“Creamed” Spinach

- 8 oz frozen spinach
- 1 garlic clove
- 1 mozzarella string cheese
- 1 teaspoon chicken bouillon
- Add frozen spinach and garlic clove to small pot, cook over medium heat until hot, turn off heat add 1 mozzarella string cheese and 1 teaspoon chicken broth, blend until smooth.
- Yield: 1 serving

Broccoli and Cheese

- 8 ounces frozen broccoli in cheese sauce
- 3 tablespoons milk or water
- Cook broccoli as directed. Add milk or water. Blend until smooth.
- Yield: 1 cup

Guacamole

- 2 ripe avocados
- 1 tomato
- 1-2 tablespoons lemon juice
- Garlic salt to taste
- Peel avocados and cut into small pieces. Mash with a fork. Cut tomato into small pieces. Add lemon juice and garlic salt. Blend all ingredients until smooth.
- Yield: 1 ½ cups

Ricotta Cheese and Fruit

- 1 cup ricotta cheese
- ½ cup cooked or canned fruit
- ½ cup fruit juice
- Add all ingredients to blender. Blend well.
- Yield: 1 serving

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Recipes

SOUPS



The following condensed soups can be delicious served cold. To prepare mix with water or milk and chill.

- Asparagus
- Black bean
- Celery
- Chicken
- Consommé
- Green pea
- Tomato bisque
- Tomato

Consider the following combinations of strained baby meats and condensed soups. Simply heat the soup and strained meats and serve warm.

- Strained beef with cream of onion soup, tomato soup or cream of mushroom soup
- Strained chicken with cream of chicken soup, cream of asparagus or cream of celery soup

Tomato Cheese Soup

- 1 can (10.5 ounces) condensed tomato soup
- 1 can whole milk (see soup can directions)
- ½ cup grated cheese
- In saucepan, stir together soup and milk. Heat. Just before serving, add cheese and stir until melted.
- Yield: 2 servings

SOUPS



Butternut Squash Soup

- 1 medium butternut squash
- 3 cups chicken and/or veggie broth
- 1 tablespoon of butter or olive oil
- 3 garlic cloves
- Pinch of cumin
- Poke holes in butternut squash, bake in shallow baking dish @ 400 °F about 1 hour or until soft.
- Remove from oven and set aside.
- In a large pot add 1 tablespoon of butter, garlic and pinch of cumin, saute on medium until fragrant.
- Slice the squash down the center, scoop out and discard seeds, spoon the rest of the squash into the large pot, discarding the skin.
- Add broth to pot and bring broth to a boil.
- Remove from heat and blend soup until totally smooth with immersion blender
- Spoon into serving bowl, optional top with 1 tablespoon crème fraiche, a swirl of olive oil and a pinch of white pepper.
- Yield: 6 servings

Shrimp Soup

- ½ tablespoon butter
- ½ tablespoon flour
- 1 cup milk
- 1 can (4.5 ounces) shrimp, drained
- Dash of Tabasco sauce
- Heat margarine and flour in saucepan. Add remaining ingredients. Do not boil. Pour in blender. Blend until smooth.
- Yield: 1-2 servings

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Recipes

SOUPS



Potato Leek Soup

- 2 or 3 large potatoes or 1 cup mashed potatoes
- Large leek, washed well, drained and chopped
- Clove of garlic
- Bay leaf
- Sprig of thyme
- 1 ½ cups milk
- Teaspoon butter
- Dash of salt
- Cut up potatoes and boil 20-30 minutes in water.
- Drain potatoes and set aside.
- Add butter, leek, garlic and salt to hot pot and sauté leek until soft and wilted, combine with potatoes, and milk.
- Blend with immersion blender or regular blender for two minutes or until creamy and smooth. Top with fresh ground pepper.
- Yield: 2 servings

Cauliflower Cheddar Cheese Soup

- 1 can (11 ounces) cheddar cheese soup
- 16 ounces frozen cauliflower
- 1 tablespoons of butter or olive oil
- 4 ounces cheddar cheese
- 1 ½ of a soup can of milk (see directions on side of soup can)
- 1 teaspoon Worcestershire sauce
- 2 tablespoons of nutritional yeast
- Sauté cauliflower in saucepan until tender. Gradually add remaining ingredients. Heat to serving temperature, blend and serve.
- Yield: 4 servings

SOUPS



Hot Yogurt Soup

- ½ cup margarine
- 1 ½ cups finely chopped onion
- 5 cups beef or chicken broth
- 1-2 cups farina
- 1 tablespoon finely chopped parsley
- 2 cups plain yogurt
- Salt and pepper to taste
- Melt margarine in a small skillet. Sauté onion until golden brown. Add broth, farina and parsley. Add yogurt very slowly while stirring. Add salt and pepper to taste. Heat just until soup comes to a boil. Serve hot.
- Yield: 6 servings

Ginger Carrot Soup

- 1 tablespoon margarine
- 1 tablespoon flour
- ½ teaspoon salt
- 2 low fat coconut milk
- 2 jars strained baby carrots
- 2 teaspoons chicken bouillon (or concentrated broth)
- Pinch of ginger (optional)
- Melt margarine. Add flour and salt. Stir until smooth. Cook 2-3 minutes, stirring constantly. Do not brown. Gradually add milk and stir until creamy. Add carrots. If too thick, add water for desired consistency. Heat to serving temperature.
- Yield: 3 servings

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Recipes

SOUPS



Pumpkin Soup

- 1 tablespoon butter
- 2 tablespoons onion, finely minced
- 2 cups cooked pumpkin, canned or fresh, thoroughly drained
- 2 ½ cups chicken broth
- 2 ½ cups milk
- ⅛ teaspoon ground cloves
- ½ teaspoon sugar
- 1 teaspoon lemon juice
- 2-3 drops Tabasco sauce
- ½ teaspoon salt
- ¼ cup half n' half
- Melt butter in heavy 4 quart saucepan over medium heat. Add onion and cook 2-3 minutes or until transparent. Add pumpkin, broth, milk, cloves, sugar, lemon juice, and Tabasco sauce and salt. Stir thoroughly to blend all ingredients. Bring to boil then cook over low heat, stirring occasionally for 15 minutes. Blend mixture in matches. Return blended soup to saucepan and stir in half n' half. Heat. Add salt, pepper, or other seasonings desired. Serve hot.
- Yield: 4-6 servings

SOUPS



Apple Peanut Butter Soup

- 1 medium cooking apple, peeled, cored and diced (about 1 cup)
- ¼ cup chopped celery
- ¼ cup chopped onion
- ¼ cup chopped carrot
- 2 tablespoons margarine
- 2 ½ cups milk, scalded
- 6 tablespoons smooth peanut butter
- ¼ teaspoon salt
- Dash Worcestershire sauce
- ½ teaspoon (or more to taste) brown sugar
- Sauté apple, celery, onion, and carrot in margarine until vegetables are tender. Do not worry if apple becomes mushy. Pour half of hot milk into blender container and add half the sautéed vegetables, peanut butter, salt and Worcestershire sauce. Cover and blend until smooth. Pour this mixture into saucepan. Blend the rest of the hot milk, sautéed vegetables, peanut butter, salt and Worcestershire sauce. Put this mixture in the saucepan. Add brown sugar to taste. Reheat to serving temperature or serve cold.
- Yield: 3 cups

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Recipes

DRINKS, SHAKES, SMOOTHIES



Green Dream

- ¼ cup frozen mango chunks
- ½ banana (peel before freezing)
- 1 cup fresh spinach
- ½ cup almond milk
- ¼ teaspoon almond extract
- 2 tablespoons cranberry juice cocktail
- Add all ingredients to blender, blend until smooth.
- Yield: 1 serving

The Elvis

- ½ cup milk of whole milk
- 1 medium ripe banana, peeled and previously frozen
- 2 tablespoons honey
- 3 teaspoons peanut butter
- Add all ingredients to blender, blend until smooth, add additional milk as needed.
- Yield: 1 serving

Peach Cooler

- ¾ cup cold milk
- ½ cup chilled peaches, canned or fresh
- 2-3 drops almond extract
- ½ cup vanilla ice cream
- Place all ingredients in blender and blend until smooth. Serve cold.
- Yield: 1 serving

Cocoa Diablo

- 1 tablespoon sugar
- 1 tablespoon cocoa powder
- 1 tablespoon instant coffee
- Dash of cinnamon
- 1 cup milk
- Combine sugar, cocoa, coffee and cinnamon in saucepan. Mix well. Add milk and stir until dry ingredients dissolve. Heat to serving temperature, stirring frequently. Do not boil.
- Yield: 1 serving

DRINKS, SHAKES, SMOOTHIES



Chocolate Almond Dream

- 1 cup almond milk
- 1 tablespoon chocolate instant pudding mix
- ½ teaspoon almond extract
- 2 tablespoons of almond butter
- 4 ice cubes
- Combine all ingredients and immediately blend in blender.
- Yield: 1 serving

Chocolate Peanut Butter Drink

- 1 cup milk
- ½ cup ice cream
- 2 tablespoons peanut butter
- 1 tablespoon chocolate syrup
- Place all ingredients in blender and blend well.
- Yield: 1 serving

Egg Nog

- ½ cup of milk
- ½ cup egg substitute
- ½ banana
- ½ teaspoon vanilla
- Combine all ingredients and mix well. Chill. Top with a sprinkle of nutmeg.
- Yield: 1 serving

Chocolate Egg Nog

- ¼ cup egg substitute
- ¾ cup milk
- ½ teaspoon vanilla extract
- 2 teaspoons sugar
- 2 tablespoons chocolate syrup
- Place all ingredients in blender. Blend well.
- Yield: 1 serving

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DRINKS, SHAKES, SMOOTHIES



Prune Nog

- 1 cup milk
- 1 jar strained baby prunes
- 1/8 teaspoon cinnamon
- Place all ingredients in jar or blender container. Cover. Blend and serve chilled.
- Yield: 1 serving

Super Banana Shake

- 1 scoop vanilla ice cream
- 1/4 cup milk
- 1 tablespoon dry milk powder
- 1/2 ripe banana
- Place all ingredients in blender and blend well.
- Yield: 1 serving

Mocha Shake

- 1 teaspoon instant coffee powder
- 2 tablespoons chocolate syrup
- Dash of cinnamon
- 1 cup milk
- Place all ingredients in blender. Blend well.
- Yield: 1 serving

Super Chocolate Shake

- 1/2 cup vanilla ice cream
- 1 tablespoon cocoa powder
- 1 tablespoon chocolate syrup
- Combine all ingredients. Mix well. Chill.
- Yield: 1 serving

BREAKFAST IDEAS



Poached Eggs

- 2 poached eggs
- 1/2 slice buttered toast
- 1 cup warm milk
- Combine all ingredients in blender. Blend until smooth.
- Yield: 1 serving

Bacon and Eggs

- 2 slices of bacon, cooked
- 2 soft cooked eggs
- 1/2 cup slice buttered toast
- 1 cup warm milk
- Put bacon in blender. Blend into small pieces. Add eggs, potatoes and toast, and continue blending. Add milk and blend until smooth.
- Yield: 1 serving

Sausage and Eggs

- 1 sausage patty, cooked and drained
- 2 soft cooked eggs
- 1/2 cup fried potatoes
- 1/2 slice buttered toast
- 1 cup warm milk
- Chop sausage into small pieces. Put into blender and add eggs, potatoes, toast and milk. Blend until smooth.
- Yield: 1 serving

Eggs and Toast

- 1 cup milk
- 2 eggs, raw, beaten
- 1/2 slice buttered toast
- Heat milk in small saucepan. Add beaten eggs and simmer until cooked. Put milk, eggs and toast into blender. Blend until smooth. Season to taste.
- Yield: 1 serving

Canned or Fresh Fruits Blended

- 3/4 cup canned or cooked fruit
- 2 tablespoons syrup from fruit or fruit juice
- Place all ingredients in blender. Cover. Process on low speed until smooth. Serve cold.
- Yield: 1 serving

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BREAKFAST IDEAS



Hot Cereal and Milk

- 1 cup cooked hot cereal (oatmeal, Cream of Wheat/Rice®, etc.)
- 1 ½ cups warm milk
- 2 teaspoons sugar or brown sugar
- 1 teaspoon butter or margarine
- Dash of cinnamon
- Put all ingredients into blender. Blend until smooth.
- Yield: 1 serving

Dry Cereal and Milk

- 1 cup dry cereal
- 1 ½ cups milk
- 2 teaspoons sugar
- Put cereal into blender. Grind or blend until fine. Add sugar and milk, and blend until smooth.
- Yield: 1 serving

Peach-Apple Yogurt Fruit Drink

- 1 carton peach yogurt
- 3 tablespoons cottage cheese
- ¾ cup apple juice
- ⅛ teaspoon cinnamon
- Put all ingredients into blender. Blend until smooth.
- Yield: 1 serving

Apricot Yogurt Fruit Drink

- 1 carton of plain yogurt
- 3 tablespoons of cottage cheese
- 1 jar of strained baby food
- ¾ cup apricot nectar
- Dash of nutmeg
- Put all ingredients into blender. Blend until smooth.
- Yield: 1 serving

BREAKFAST IDEAS



Banana Yogurt Fruit Drink

- 1 carton of plain yogurt
- 3 tablespoons of cottage cheese
- 1 medium ripe banana
- ½ cup milk or fruit juice
- 2 tablespoons honey
- 2 tablespoons lemon juice
- Put all ingredients into blender. Blend until smooth.
- Yield: 1 serving

Milk and Fruit Shake

- ½ cup fresh or frozen fruit (bananas or peaches)
- 1 cup milk
- Place fruit and milk in blender. Blend until smooth. If you use berries, strain to remove all seeds.
- Yield: 1 serving

Yogurt n' Fruit

- 4 ounces yogurt
- 1 banana
- 8 ounces strawberries
- 3 tablespoons milk
- Add all ingredients to blender. Blend until smooth. Strain mixture through strainer or sieve to remove all seeds. Chill seedless mixture.
- Yield: 1 ½ cups

Raspberry Cheesecake Smoothie

- 6 ounces plain Greek yogurt
- ¼ cup cottage cheese
- ¾ cup frozen raspberries
- ⅓ cup almond milk or cow's milk with 2-3 drops almond extract
- 1 tablespoon honey
- Add all ingredients to blender. Blend until smooth. Strain mixture through strainer or sieve to remove all seeds.
- Yield: 1 serving

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Recipes

DESSERT IDEAS



Cake and Ice Cream

- 1 small piece of iced cake
- 1 small scoop of ice cream, no nuts
- ¼-½ cup milk
- Blend cake and ice cream. Add milk and blend until smooth. Add additional milk if too thick.
- Yield: 1 serving

Fruit Cobbler

- 1 cup fruit cobbler
- 1 cup milk
- Blend cobbler until smooth. Add milk and blend until of liquid consistency.
- Yield: 1 serving

Pudding

- ¾ cup pudding
- 1 cup milk
- Add ingredients to blender. Blend until of liquid consistency.
- Yield: 1 ½ cup

Blended Canned or Fresh Fruits

- ¾ cup canned or cooked fruit
- 2 tablespoons syrup from fruit or fruit juice
- Place all ingredients in blender. Cover. Process on low speed until smooth. Serve cold.
- Yield: 1 serving

Yogurt n' Fruit

- 4 ounces yogurt
- 1 banana
- 8 ounces strawberries
- 3 tablespoons milk
- Add all ingredients to blender. Blend until smooth. Strain mixture through strainer or sieve to remove all seeds. Chill seedless mixture.
- Yield: 1 ½ cups

DESSERT IDEAS



Hot Spiced Applesauce

- ½ cup applesauce
- ½ cup apple juice
- ⅛ teaspoon cinnamon
- Pinch of nutmeg
- Add all ingredients to blender and blend until smooth.
- Yield: 1 serving

Peaches and Cream

- 1 jar strained baby food peaches
- 1 cup ice cream
- Pinch of nutmeg
- ⅛ teaspoon almond extract
- Blend all ingredients together. Serve chilled.
- Yield: 1 serving

Strawberry Cheesecake

- 1 piece of cheesecake
- ½ cup milk
- 2 tablespoons strawberry jam
- Put jam through strainer or sieve to remove seeds. Put seedless jam, milk, and cheesecake into blender and process until smooth. Add more milk if necessary.
- Yield: 1 serving

This information originally appeared in the Journey Guide Patient Handbook developed by the Ireland Cancer Center at University Hospitals, and was adapted for use on NetWellness with permission, 2009. Kimberly Ortega, MS, RD, LD