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:

<table>
<thead>
<tr>
<th>Food Type</th>
<th>How To Thin</th>
</tr>
</thead>
<tbody>
<tr>
<td>Meats, fish, poultry, pork</td>
<td>Blend with broths, water, milk, vegetable or V-8 juice, tomato sauce, gravy.</td>
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<tr>
<td>Vegetables</td>
<td>Blend with water, tomato juice, milk, soymilk, broths, strained baby vegetables.</td>
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<tr>
<td>Starches (potato, pasta, beans)</td>
<td>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.</td>
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<tr>
<td>Fruits</td>
<td>Blend with their own juices, other fruit juices, water, strained baby food.</td>
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<tr>
<td>Cereals</td>
<td>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.</td>
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<tr>
<td>Mixed dishes</td>
<td>Lasagna, macaroni and cheese, spaghetti, chili, stews, hearty soups, chop suey – add adequate liquid of your choice, blend well and strain.</td>
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</tbody>
</table>
### 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

#### 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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UCLA Department of Nutrition | UCLA Robert G. Kardashian Center for Esophageal Health
# POST-POEM DIET 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

### "Creamed" Spinach
- 8 oz frozen spinach
- 1 garlic clove
- 1 mozzarella string cheese
- 1 teaspoon chicken bouillion
- Add frozen spinach and garlic clove to small pot, cook over medium heat until hot, turn off heat and 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
## 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

## 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
- **Yield:** 1-2 servings
### 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

### 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)

- Yield: 3 servings
**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

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**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
## 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

### 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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Recipes

DRINKS, SHAKEs, SMOOTHIES

Prune Nog
- 1 cup milk
- 1 jar strained baby prunes
- 1/2 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
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
### 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

#### 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
- ½ 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
### 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: 1½ 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: 1½ 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

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*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*