

## Culinary Tips & Tricks: Blenderized Food

- Blend recipes should have at least one liquid ingredient added to create a smooth texture.
- Warm foods blend better than cold foods- especially meats.
- When blending meats, remove any burned/charred/firm areas as they will not blend smoothly and can clog the tube.
- Frozen or canned vegetables are much cheaper and easier to use (compared to fresh) for blended feeds.
- Even though the ingredients are being put into a blender, they should all be pre-chopped. This will not only help create a smoother blend, but it will be less rigorous on the blender motor and help it last longer.
- If the blender has a long blade that goes all the way up to the lid, it doesn't matter what order the ingredients are added. However, if the blender only has a blade at the bottom of the container, the firmer textured solids should be added first followed by the softer/thin liquids/solids.
- If storing blend in a glass container with a lid, line the top of the blend with plastic wrap or parchment paper, then secure lid as usually. The plastic wrap/parchment paper will help prevent ice crystals from forming on top due to freezer burn.
- When cleaning blender after use, fill container ¼- ½ way with hot water and a drop of dish soap, then secure the lid back on top and blend together. The hot soapy water will move around the blade crevices easier without risk of injury.

# Hands-On Demonstration: Home Blenderized Tube Feeds and Other Tips/Tricks

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Due to the nature of this talk brand names are mentioned.  
However, these are not endorsements.



# Food Safety





## Clean: Wash and Sanitize

- Wash your hands with hot water for 20 seconds
- Clean cutting boards, dishes, utensils, and countertop surfaces thoroughly
  - Wash using hot, soapy water
  - Sanitizing Solution: Mix 1 Tbsp. of bleach with 1 gallon of water; apply to surfaces and wipe clean with dry paper towel or air dry
- Rinse fresh fruits and vegetables using cold water just before preparation
  - All vegetables should be washed- even ones of which the outside is not consumed, such as avocados
  - Do not use bleach or chemicals to wash produce
- Use dry paper towels as opposed to a dish rag to prevent bacteria growth

# Separate: Avoid Cross-Contamination



## HOW TO ORGANIZE YOUR REFRIGERATOR



- Cross-contamination can easily occur when handling multiple ingredients, especially raw eggs, meats, seafood, and poultry
- Always put the raw ingredients that pose the greatest risk for cross-contamination at the base of the cart or on the lower level of refrigerator
- Always check ingredients to ensure freshness and quality.
- If using reusable bags, wash them often to decrease bacteria growth

# Cook: Safe Internal Temperature

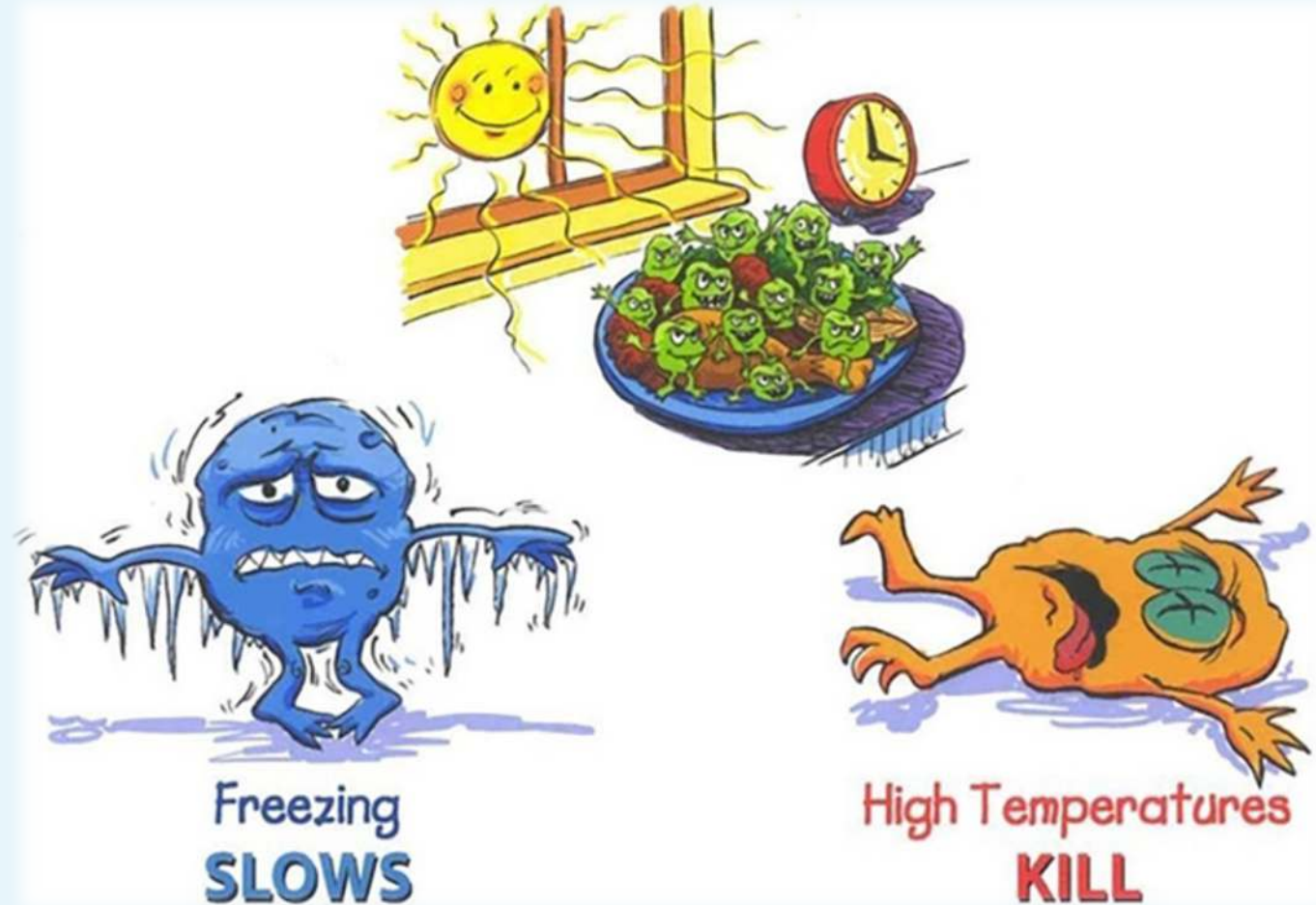
Besides handwashing, what is the next leading cause for food cross-contamination?

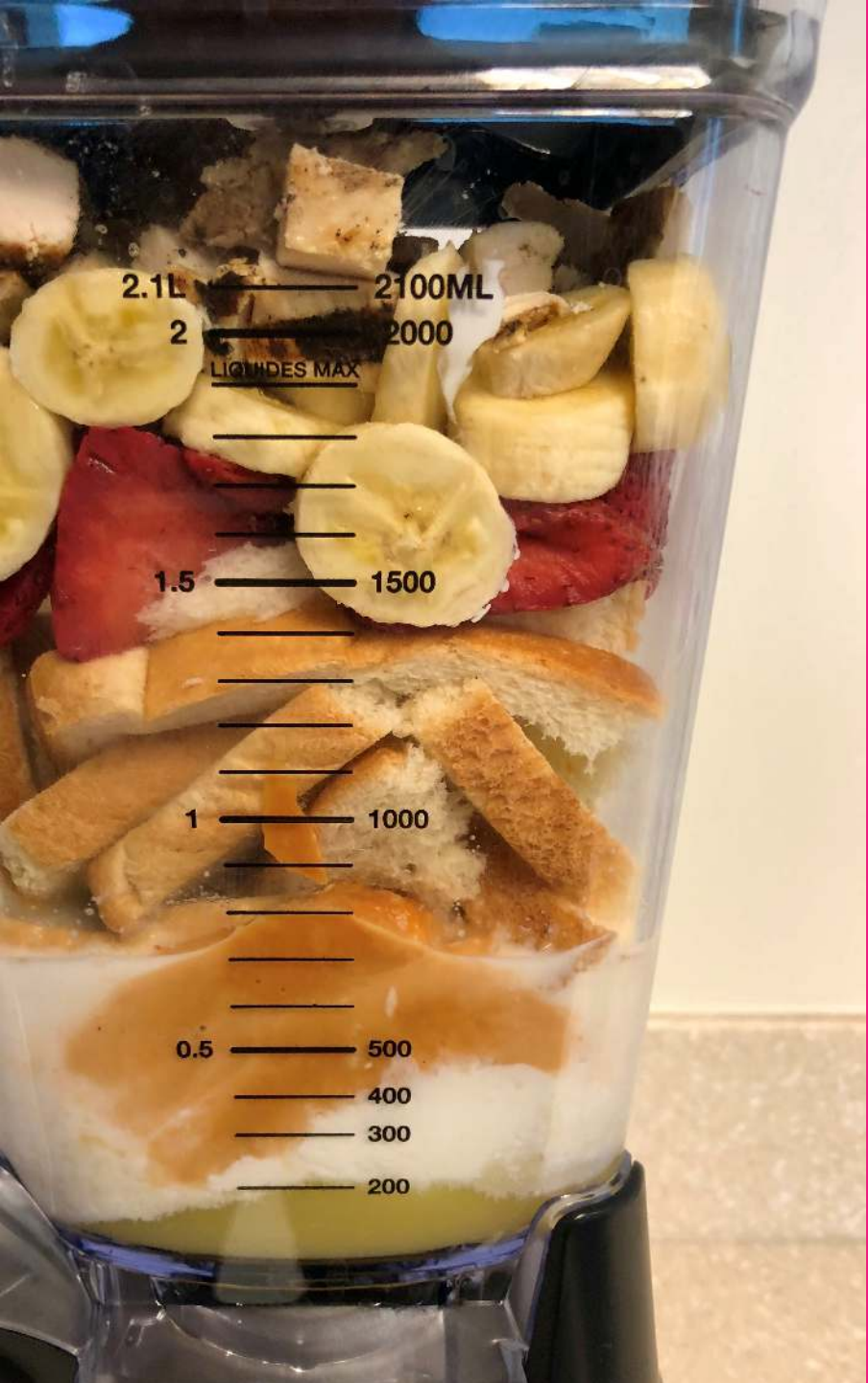




# Chill: Temperature Danger Zone

- Bacteria that cause food poisoning multiply quickest between 41°F and 135°F. At this temperature, bacteria can double in just 20 minutes
- Refrigerate perishable foods within 2 hours of the temperature danger zone

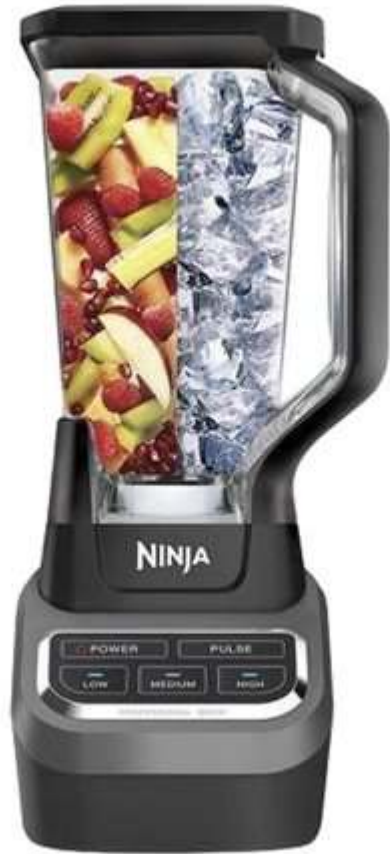




## Blenderized Food



# High Quality Blender



Ninja®



Blendtec®



Vitamix®

# Live Demonstration 1

*Dairy Free & Vegetarian*

**Calories: 1400 kcal**

**Blended Volume: 1700 ml**

2 ¼ cup soy milk  
1/3 c. calcium fortified OJ  
2.5 Tbsp. oil  
¾ c. canned pumpkin  
¼ c. mashed sweet potato (with skin)  
6 oz. tofu  
1 c. spinach  
1 small pear (with skin)  
½ warm baked potato (with skin)  
1 ½ c. cooked quinoa



# Live Demonstration 2

**Calories: 1206 kcal**

**Blended Volume: 600 ml**

1 cup cooked pasta  
4 Tbsp meat – ground beef  
100 mL vegetables - carrots  
100 mL fruit – pineapple  
1 Tbsp. maple syrup  
2 Tbsp. olive oil  
20 scoops renal formula powder

## **Breakdown:**

For 600 mL

Kcal 1206

Pro 23.8 g

Fat 58 g

CHO 148 g

Na 9.4 mEq

K 11.2 mEq

Ca 260 mg

PO<sub>4</sub> 202 mg

Mg 98 mg

Thick vs. Thin



# Thickener Ingredients

Sweet Potato  
Carrots  
Fish  
Meats  
Nut Butters  
Protein powder  
Lentils  
Infant cereals  
Thicken dairy products (ricotta, Greek yogurt, etc.)  
Molasses  
Breads/Starchy Foods

# Thinning Ingredients

Peaches  
Juice (all)  
Milks (all)  
Kefir  
Oil (liquid)

# Proper Storage



# Questions?

