

**REALFOOD**  
B L E N D S™  
MEALS FOR TUBE-FED PEOPLE



Recipe Book



Welcome to the exciting world of real food for people on feeding tubes! When I first started blending real food for my son AJ, I was nervous, excited, scared, and hopeful. If I could go back and tell myself what I know now, I'd say... "Relax, you're just putting real food into a real stomach – this has been done for thousands of years!" Ah, hindsight!

We hope you've had the chance to try the different Real Food Blends meals already and want you to know that it's perfectly okay to make some additions to the meals – both from a nutrition perspective but also from a psychological perspective. I know I started feeling much more like AJ's mom than his nurse when I started making food for him, and I hope you can enjoy some of those same warm-fuzzies!

As always, this is not to be considered medical advice and you should always consult your medical team before making any changes to your enteral nutrition regime.

**Julie Bombacino**, Co-Founder  
Real Food Blends





### *Precautions*

*These recipes are for informational purposes only and should not be taken as medical advice. Nutritional values can vary based on numerous factors. Always discuss any changes to your tube-feeding nutrition with your medical team.*

*Always use safe kitchen handling practices when preparing food for a tube-feeding, and remember that pureed food should be used immediately or refrigerated and generally used within 24-48 hours.*



## Nutritional Information for Real Food Blends Meals

Here is the nutritional information from Registered Dietician Lara Field for all four of our meals. This information is based on consuming one of each of our four meals in one day:

**Beef, Potatoes & Spinach,**

**Orange Chicken, Carrots & Brown Rice,**

**Salmon, Oats & Squash,**

**Quinoa, Kale & Hemp, and**

**Eggs, Apples & Oats**

*This is not medical advice and always consult your medical professionals before making any changes to your prescribed enteral diet.*

BASIC NUTRITION	
Total Calories	1319
Total Protein	49.5
Total Carbs	114.8
Total Fiber	21.65
Total Fat	73.5
Saturated Fat	10.28
Monounsaturated Fat	20.75
Polyunsaturated Fat	23.24
Trans Fat	0.2
Total Sugars	43.45
Cholesterol	91.64

VITAMINS	
Vitamin A (mcg)	1310.7
Vitamin C (mg)	9.4
Vitamin D (ug)	6.78
Vitamin E (mg)	20.85
Vitamin K (ug)	8.1
Thiamin B1 (mg)	0.484
Riboflavin (mg)	0.417
Niacin (mg)	14.538
Vitamin B6 (mg)	0.77
Folic Acid (ug)	76.82
Vitamin B12 (ug)	4.6
Pantothenic Acid (mg)	1.92
Choline (mg)	0
Biotin (ug)	0

MINERALS	
Calcium (mg)	239.45
Chloride (mg)	0
Chromium (ug)	80
Copper (ug)	0.489
Iodine (mg)	0
Iron (mg)	9.92
Magnesium (mg)	157.9
Manganese (mg)	2.826
Molybdenum (ug)	0
Phosphorus (mg)	395.19
Potassium (mg)	1335.5
Selenium (ug)	43.82
Sodium (mg)	217.03
Zinc (mg)	4.695

## Simple Additions

If you're used to typical formulas, you will find that Real Food Blends meals are thicker. This thickness is intentional to help manage reflux symptoms (pure liquid tends to reflux easier than a heavier meal) and to provide a feeling of satisfaction that a liquid meal just can't! Feel free to add additional liquids to our meals for additional variety or to use in a pump or gravity bag, but be aware that the consistency can impact how the meals 'perform.'

### Stir-Ins No Blender Required

4 ounces of any of these added into a Real Food Blends meal will yield a 12 ounce serving and add:



Almond milk  
(plain, unsweetened)  
= + 25 calories



Orange Juice  
(calcium fortified)  
= + 50 calories and  
a good source of  
Calcium



Coconut milk  
(canned)  
= +~200 calories



Cranberry Juice  
Cocktail  
= +45 calories



Hemp Milk  
= +45 calories



Kefir (Full-Fat)  
= +75 calories



2% Milk  
= +70 calories



Vegetable Juice  
= +20 calories



## Blending Additions

A simple kitchen blender will handle these additions just fine. If you have a small tube size or a tube that would require medical assistance in case of clogging, you may want to add the extra step of straining after blending to be extra cautious, especially if you do not have a particularly powerful blender.



**1/2 cup Pureed Avocado**  
= +~150 calories and lots of good fats!

Avocado will thicken a blend so you may want to add additional liquid



**1 Scrambled Egg**  
= ~100 calories and a great protein boost



**2 tbsp Unprocessed Bran**  
= +20 calories and extra fiber

Extra liquid may be needed



**1/2 Banana = +50 calories**

Like avocado, banana will thicken a blend but can be great for loose stools!



**1/2 cup Cooked Grains (Rice, quinoa, etc.)**

Calories will vary and make sure to blend very well with added liquid. This can be a great way to increase the amount of carbohydrates in our meals/lessen the percentage of fat and protein if necessary.



**Cooked Vegetables**

Most vegetables will blend easily enough when steamed. Some green leafy veggies may have fibrous portions that don't blend well so use caution if your blender isn't very powerful.



**Fruits**

Most pureed fruits can be added directly to our meals but use caution with fruits with small seeds (raspberries, blackberries, strawberries, etc.) or thicker skins (blueberries or apple). A higher-powered blender may be needed.

## Real Food Blends 1000-Calorie Complete Meal Plan for a 2-3 year old

The following recipe was provided by Weronika Brill, a Registered Nurse and mother of a tube-fed child. Contact her at [BlenderizedRN.com](http://BlenderizedRN.com).

Food	Measurement Guide	Grams*	Calories
Whey Powder	1 scoop = 28 g	28	99
Spinach (raw)	1 cup = 30 g	30	7
Banana	1 medium = 118 g	59	53
Blueberries	1 cup = 148 g	148	84
Prunes	1 pitted = 9.5 g	19	46
Water	1 cup = 237 g	As needed	0
Honey	1 tablespoon = 14 g	28	85
Sea Salt with Iodine	1 teaspoon = 6 g	1.75	0
Salt Substitute (potassium)		2.25	0
Calcium with Vitamin D-3 Unflavored Powder (Kirkman)	1/2 teaspoon = 3 g	1.75	0
Super Nu-Thera Powder Unflavored (Kirkman)	1 teaspoon = 2.5 g	1	0
Orange Chicken, Carrots, and Brown Rice	1 package = 267 g	534	680



Nutritional Facts	
<b>Calories</b>	1041
<b>Calories from Fat</b>	367
<b>Total Fat</b>	41
Saturated Fat	6
Trans Fat	0
<b>Cholesterol</b>	0
<b>Sodium</b>	1008
<b>Total Carbohydrate</b>	128
Dietary Fiber	18
Sugars	73
<b>Protein</b>	50
<b>Vitamin A IU</b>	5325
<b>Vitamin C mg</b>	126
<b>Vitamin D3 IU</b>	128
<b>Calcium mg</b>	738
<b>Iron mg</b>	4

# BLENDERIZED RN ASSESSMENT

All Evaluations are based on USDA Nutritional Values

GOAL 1000 CALORIES		PERCENTAGES BY CALORIES		PERCENTAGES BY WEIGHT (GRAMS)	
Total Calories	1041	Fat	34%	Fat	19%
Total Fat	41	Protein	19%	Protein	23%
Total Carbs	128	Carbs	47%	Carbs	58%
Total Fiber	18				
Total Proteins*	50				
Animal Based Protien	48	*Plant based proteins are not shown to cause kidney/organ failure of inflammation (Clinical Journal of the American Society of Nephrology, 2011)			
Plant Based Protien*	3				

TOTAL GRAMS	786	PROTEIN/AMINO ACIDS	AMOUNT
Total Water from Food	561	Calories from Protein	201
Daily Water/Fluid Goal	1000	Animal Protein (g)	48
Water to Add to Blend & Flushes	439	Plant Based Protein* (g)	3
		Tryptophan (mg)	25
		Threonine (mg)	78
		Isoleucine (mg)	88
		Leucine (mg)	155
		Lysine (mg)	103
		Methionine (mg)	33
		Cystine (mg)	25
		Phenylalanine (mg)	110
		Tyrosine (mg)	51
		Valine (mg)	112
		Arginine (mg)	113
		Histidine (mg)	78
		Alanine (mg)	103
		Aspartic Acid (mg)	347
		Glutamic Acid (mg)	287
		Glycine (mg)	96
		Proline (mg)	121
		Serine (mg)	84
		Hydroxyproline(mg)	0
		Taurine (mg)	0
CARBOHYDRATES	AMOUNT		
Calories from Carbs	510		
Total Carbohydrate (g)	128		
Net Carbohydrate (g)	110		
Dietary Fiber (g)	18		
Starch (g)	4		
Sugars (g)	73		
Sucrose (mg)	1790		
Glucose (mg)	21428		
Fructose (mg)	20412		
Lactose (mg)	0		
Maltose (mg)	421		
Galactose (mg)	898		
Corn Syrup (g)	0		
FATS AND FATTY ACIDS	AMOUNT		
Calories from Fat	367		
Total Fat (g)	41		
Saturated Fat (g)	6		
Monounsaturated Fat (g)	9		
Polyunsaturated Fat (g)	19		
Omega-3 Fatty Acids (mg)	103		
Omega-6 Fatty Acids (mg)	108		
Cholesterol (mg)	70		
Phytosterols (mg)	240		

Blenderized RN strives for accuracy in nutritional values but the USDA does not have amino acids and/or the sugar break down listed for all food products.

VITAMINS	GOAL	AMOUNT	MINERALS	GOAL	AMOUNT
Vitamin A IU	1333	5325	Calcium (mg)	700	738
Vitamin C (mg)	15	126	Chloride (g)	1.5	0
Vitamin D IU	800	128	Chromium (mcg)	11	N/A
Vitamin E (mg)	6	7	Copper (mg)	.34	1.9
Vitamin K (mcg)	30	173	Fluoride (mcg)	700	4
Thiamin B1 (mg)	1	5.7	Iodine (mcg)	90	20
Riboflavin (mg)	1	6.1	Iron (mg)	7	4
Niacin (mg)	6	10	Magnesium (mg)	80	165
Vitamin B6 (mg)	1	101	Manganese (mg)	1.2	301.6
Folate (mcg)	150	76	Molybdenum (mcg)	17	N/A
Vitamin B12 (mcg)	1	2.5	Phosphorus (mg)	460	355
Pantothenic Acid (mg)	2	6	Potassium (mg)	3000	2992
Choline (mg)	200	18	Selenium (mcg)	20	29
Betaine (mg)		166	Sodium (mg)	1000	1008
Folic Acid		91	Zinc (mg)	3	5
Niacinamide		6	Biotin (mcg)	8	20

Add: Vitamin D and iron supplement as prescribed by your pediatrician.  
If you'd like to use this plan please take it to your child's pediatrician for approval.





## Recipes Using Real Food Blends

Feeling adventurous?! Alissa Rumsey compiled these recipes using Real Food Blends meals as the base. You'll need a high-powered blender to avoid tube-clogs (Vitamix or Blendtec work best, but some have success with Ninja or more expensive models with powerful motors). Enjoy!



*Alissa Rumsey MS, RD, CDN, CSCS is a nationally recognized Registered Dietitian based in New York City. While working in the intensive care unit at New York-Presbyterian Hospital, Alissa quickly saw the long-term effects that poor nutrition and physical inactivity could have on the body. After working for six years with critically ill adults, she developed Alissa Rumsey Nutrition & Wellness Consulting to help others improve their health and wellbeing. For more information about Alissa, visit [www.blenderizeddietrd.com](http://www.blenderizeddietrd.com) and [www.alissarumsey.com](http://www.alissarumsey.com).*



## Pineapple Beef & Ginger Stir-Fry

MAKES 1 20-OUNCE SERVING  
(29 CALORIES/OZ)

Nutrition per serving: 574 calories, 32 g fat (5 g saturated), 54 g carbohydrate, 16 g protein, 28 mg cholesterol, 579 mg sodium, 5 g fiber, 32 g sugars

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Packed with veggies, protein, and pineapple chunks, this stir-fry adds Asian-inspired flavors to our Beef, Potatoes & Spinach meal. This quick and easy recipe uses a frozen stir-fry vegetable blend to shorten your prep time while boosting the fiber. Fresh minced ginger can be replaced with ground ginger if desired. Either water or **broth** can be added to thin out the final product and make it the right consistency for your feeding tube.

### INGREDIENTS

- 1 tablespoon olive oil
- 1 clove garlic
- 1 teaspoon minced ginger
- 1 cup frozen stir-fry vegetables
- 1 teaspoon low-sodium soy sauce
- 1/2 cup pineapple chunks, drained
- 1 Real Food Blends Beef, Potatoes & Spinach Meal (entire package)
- 1/2 cup low-sodium chicken broth or water, divided

### DIRECTIONS

1. Heat olive oil over medium heat. Add minced garlic and cook one to two minutes or until fragrant. Add ginger and stir-fry vegetables and cook for five minutes, or until vegetables are cooked through. Remove from heat and stir in soy sauce (optional) and pineapple chunks
2. Put the vegetable-pineapple mixture into a blender along with 1/4 cup of broth and process until smooth.
3. Add Beef, Potatoes & Spinach meal to the blender and blend until smooth.
4. Add remaining 1/4 cup of chicken broth, blending until smooth.
5. If a thinner texture is desired, add additional broth or water. If there are any small particles remaining after blending, strain the blend before use to avoid clogging the tube.

*Always consult with your medical professionals before making any changes to your prescribed enteral (tube-feeding) formula and before starting a blenderized diet. Nutritional information is approximate and may vary based on the nature, brand, and quantities of ingredients used.*

# Beef and Pinto Bean Chili

MAKES 1 20-OUNCE SERVING  
(27 CALORIES/OZ)

Nutrition per serving: 542 calories, 24 g fat (6 g saturated), 62 g carbohydrate, 21 g protein, 28 mg cholesterol, 590 mg sodium, 11 g fiber, 20 g sugars

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Turn our [Beef, Potatoes & Spinach](#) meal into a hearty chili with this simple recipe. The addition of onions, peppers and beans bump up the protein and fiber in this blend. For a quicker prep time you can use frozen diced onions and peppers. Either water or [broth](#) can be added to thin out the final product and make it the right consistency for your feeding tube.

## INGREDIENTS

- 1 teaspoon of olive oil
- 1 garlic clove
- 1/4 cup diced onion
- 1 cup diced green pepper
- 1/2 cup of canned pinto beans, drained and rinsed
- 1 Real Food Blends Beef, Potatoes & Spinach Meal (entire package)
- 1/2 cup low-sodium chicken broth or water, divided

## DIRECTIONS

1. Heat olive oil over medium heat. Add garlic, onion, peppers, and beans, and cook for five minutes or until vegetables are soft.
2. Add cooked mixture and 1/4 cup of chicken broth to a blender and blend until smooth.
3. Add Real Food Blends Beef, Potatoes & Spinach meal and remaining 1/4 cup of broth to blender and blend until smooth.
4. If a thinner texture is desired, add additional broth or water. If there are any small particles remaining after blending, strain the blend before use to avoid clogging the tube.

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## Chicken Pilaf with Brown Rice, Leeks & Mushrooms

MAKES 1 20-OUNCE SERVING  
(23 CALORIES/OZ)

Nutrition per serving: 565 calories, 25 g fat (7 g saturated), 61 g carbohydrate, 27 g protein, 35 mg cholesterol, 674 mg sodium, 10 g fiber, 15 g sugars

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This recipe takes our [Orange Chicken, Carrots & Brown Rice](#) meal and adds a second serving of vegetables and white beans for a boost of plant-based protein and fiber. Leeks are a sweeter version of the onion and can be mixed with pasta, potato, egg, or chicken dishes. Leeks are a good source of [prebiotics](#), indigestible carbohydrates that feed the good bacteria in your digestive tract. Prebiotics work alongside probiotics to help maintain a healthy gut. Either water or chicken [broth](#) can be added to thin out the final product and make it the right consistency for your feeding tube.

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### INGREDIENTS

- 1 teaspoon of coconut oil
- 1/2 a small leek, white and light-green parts only, cut into thin slices
- 1 cup of raw spinach leaves, loosely packed
- 1/2 cup of mushrooms
- 1/2 cup of canned white beans, drained and rinsed
- 1/8 teaspoon of sea salt (omit if using chicken broth)
- 1 Real Food Blends Orange Chicken, Carrots & Brown Rice meal (entire package)
- 1/2 cup low-sodium chicken broth or water, divided

### DIRECTIONS

1. Heat coconut oil over medium heat. Add leek, spinach, mushrooms, white beans, and sea salt and cook for five minutes.
2. Add cooked mixture and 1/4 cup of broth to a blender and blend until smooth.
3. Add Real Food Blends Orange Chicken, Carrots & Brown Rice meal to the blender and blend until combined.
4. Add remaining 1/4 cup of broth, blending until smooth.
5. If a thinner texture is desired, add additional broth or water. If there are any small particles remaining after blending, strain the blend before use to avoid clogging the tube.



# Pesto Chicken and Bean Soup with Greens

MAKES 1 20-OUNCE SERVING  
(29 CALORIES/OZ)

Nutrition per serving: 581 calories, 30 g fat (4 g saturated), 54 g carbohydrate, 25 g protein, 39 mg cholesterol, 818 mg sodium, 12 g fiber, 14 g sugars

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Start with our [Orange Chicken, Carrots & Brown Rice](#) meal to create this nutritious Italian-inspired soup. Olive oil and pesto add a dose of healthy fat, while cannellini beans provide 7 grams of plant-based protein and 6 grams of fiber. Leeks add some prebiotics to the blend, helping to feed the good bacteria in your gut. Either water or chicken [broth](#) can be added to thin out the final product and make it the right consistency for your feeding tube.

## INGREDIENTS

- 1 teaspoon of olive oil
- 1/2 a small leek, white and light-green parts only, cut into thin slices
- 1 cup of raw spinach leaves, loosely packed
- 1/2 cup diced zucchini
- 1/2 cup of canned cannellini beans, drained and rinsed
- 1 tablespoon of basil pesto
- 1 Real Food Blends Orange Chicken, Carrots & Brown Rice meal (entire package)
- 1/2 cup low-sodium chicken broth or water, divided

## DIRECTIONS

1. Heat olive oil over medium heat. Add leek, zucchini, spinach, and beans, and cook for five minutes or until vegetables are soft.
2. Add cooked mixture and 1/4 cup of broth to a blender and blend until smooth
3. Add Real Food Blends Orange Chicken, Carrots & Brown Rice meal to the blender and blend until combined.
4. If a thinner texture is desired, add additional broth or water. If there are any small particles remaining after blending, strain the blend before use to avoid clogging the tube.

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## Salmon, Squash, and White Bean Salad

MAKES 1 20-OUNCE SERVING  
(28 CALORIES/OZ)

Nutrition per serving: 561 calories, 24 g fat (2 g saturated), 62 g carbohydrate, 26 g protein, 30 mg cholesterol, 696 mg sodium, 12 g fiber, 13 g sugars

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Use our [Salmon, Oats & Squash](#) meal to create this colorful salad-inspired blend. White beans add 10 grams of plant-based protein and 6 grams of soluble fiber. The arugula and red cabbage offer a salad “base” that is high in antioxidants and vitamins, while the olive oil and whole grain mustard dressing add healthy fats. The cabbage is added to the blend raw in order to preserve the antioxidants that make it such a nutrition powerhouse. Either water or [broth](#) can be added to thin out the final product and make it the right consistency for your feeding tube.

### INGREDIENTS

- 1 1 teaspoon olive oil
- 1 1 tablespoon whole grain mustard
- 1/2 1/2 cup of canned white beans, drained and rinsed
- 1 1 cup arugula
- 1/2 1/2 cup chopped red cabbage
- 1 1 Real Food Blends Salmon, Oats & Squash meal (entire package)
- 1/2 1/2 cup low-sodium chicken broth or water, divided

### DIRECTIONS

1. Place olive oil, mustard, beans, arugula, and cabbage in the blender. Add 1/4 cup of broth and process until smooth.
2. Add the Salmon, Oats & Squash meal and remaining 1/4 cup of broth to blender and blend until smooth.
3. If a thinner texture is desired, add additional broth or water. If there are any small particles remaining after blending, strain the blend before use to avoid clogging the tube.

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# Salmon & Asparagus Rice Bowl

MAKES 1 20-OUNCE SERVING  
(28 CALORIES/OZ)

Nutrition per serving: 613 calories, 34 g fat (3 g saturated), 60 g carbohydrate, 23 g protein, 30 mg cholesterol, 327 mg sodium, 9 g fiber, 12 g sugars

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This recipe starts with our [Salmon, Oats & Squash](#) meal and transforms it into a whole grain rice and veggie bowl. You'll get 10 additional grams of plant-based protein from the asparagus, brown rice, and nuts, plus anti-inflammatory omega-3 fats from the walnuts. Asparagus adds more fiber and is a good source of prebiotics, the indigestible carbohydrates that feed the good bacteria in your digestive tract. Prebiotics work alongside probiotics to help maintain a healthy gut. Either water or chicken [broth](#) can be added to thin out the final product and make it the right consistency for your feeding tube.

## INGREDIENTS

- 1 teaspoon olive oil
- 1 tablespoon fresh lemon juice
- 1 teaspoon fresh grated ginger
- 2 tablespoons chopped walnuts
- 1/2 cup of cooked brown rice
- 1 cup cooked asparagus
- 1 Real Food Blends Salmon, Oats & Squash meal (entire package)
- 1/2 cup chicken broth, divided

## DIRECTIONS

1. Place olive oil, lemon juice, ginger, walnuts, brown rice and asparagus in the blender. Add 1/4 cup of broth and process until smooth.
2. Add the Salmon, Oats & Squash meal and remaining 1/4 cup of broth to blender and blend until smooth.
3. If a thinner texture is desired, add additional broth or water. If there are any small particles remaining after blending, strain the blend before use to avoid clogging the tube.

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## Black Bean Quinoa Salad with Cilantro-Lime Dressing

MAKES 1 20-OUNCE SERVING  
(27 CALORIES/OZ)

Nutrition per serving: 543 calories, 23 g fat (3 g saturated), 65 g carbohydrate, 20 g protein, 0 mg cholesterol, 290 mg sodium, 13 g fiber, 26 g sugars

This vibrant salad features our [Quinoa, Kale & Hemp](#) meal and adds a serving of fresh vegetables and protein-packed black beans. The recipe is versatile too: don't like it so zesty? Skip the cilantro and lime juice, or swap them out and use basil, lemon juice, and a little whole grain mustard instead. Use any vegetables you like in place of the carrot and tomato. Cooking the vegetables prior to blending softens them up and makes it easier to blend. Either water or [broth](#) can be added to thin out the final product and make it the right consistency for your feeding tube.

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### INGREDIENTS

- 1 teaspoon olive oil
- 1 small garlic clove, minced
- 1/2 cup canned black beans, drained and rinsed
- 1/2 cup chopped carrot
- 1/2 cup chopped tomato
- 1 tablespoon chopped fresh cilantro (optional)
- 1 tablespoon fresh lime juice (optional)
- 1/2 teaspoon fresh black pepper
- 1 Real Food Blends Quinoa, Kale & Hemp meal (entire package)
- 1/2 cup low-sodium vegetable broth or water, divided

### DIRECTIONS

1. Heat olive oil over medium heat. Add minced garlic and cook one to two minutes or until fragrant. Add black beans and carrot, cooking until carrot is soft, about five to ten minutes. Remove from heat and stir in tomato, cilantro, lime juice, and fresh black pepper.
2. Put bean and vegetable mix into a blender and add 1/4 cup of broth. Blend until smooth.
3. Add Quinoa, Kale & Hemp meal to the blender and blend until smooth.
4. Add remaining 1/4 cup broth, blending until smooth.
5. If a thinner texture is desired, add additional broth or water. If there are any small particles remaining after blending, strain the blend before use to avoid clogging the tube.



# Tofu, Vegetable, and Quinoa Stir-fry

MAKES 1 20-OUNCE SERVING  
(23 CALORIES/OZ)

Nutrition per serving: 505 calories, 28 g fat (3 g saturated), 42 g carbohydrate, 24 g protein, 0 mg cholesterol, 506 mg sodium, 7 g fiber, 20 g sugars

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Turn our classic [Quinoa, Kale & Hemp](#) meal into an Asian-inspired stir-fry. Silken soft tofu blends easily and adds an extra 11 grams of plant-based protein. Broccoli and bell pepper provide an extra cup of veggies for more fiber and antioxidants, while fresh ginger and garlic add some light spice. Cooking the vegetables prior to blending softens them up and makes them easier to blend. Either water or [broth](#) can be added to thin out the final product and make it the right consistency for your feeding tube.

## INGREDIENTS

- 1 teaspoon olive oil
- 1/2 cup broccoli florets
- 1/2 cup chopped bell pepper
- 1 teaspoon soy sauce
- 1 teaspoon minced ginger
- 1 teaspoon minced garlic
- 3 oz silken soft tofu, drained (about a 1 inch slice)
- 1 Real Food Blends Quinoa, Kale & Hemp meal (entire package)
- 1/2 cup low-sodium vegetable broth or water, divided

## DIRECTIONS

1. Heat the olive oil over medium heat. Add broccoli and bell pepper, and cook for five minutes or until soft. Stir in soy sauce, ginger, and garlic and cook for one to two minutes.
2. Add the vegetable mixture and tofu to a blender, and blend until smooth.
3. Add Quinoa, Kale & Hemp meal to the blender and a 1/4 cup of broth to the blender and blend until smooth.
4. Add remaining 1/4 cup vegetable broth, blending until smooth.
5. If a thinner texture is desired, add additional broth or water. If there are any small particles remaining after blending, strain the blend before use to avoid clogging the tube.

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## Brunch Meal

MAKES 1 20-OUNCE SERVING  
(30 CALORIES/OZ)

Nutrition per serving: 596 calories, 30 g fat (7 g saturated), 63 g carbohydrate, 20 g protein, 284 mg cholesterol, 573 mg sodium, 4 g fiber, 27 g sugars

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Our **Eggs, Apples & Oats** meal features classic breakfast foods like eggs and oats, and this recipe adds a pancake and whole milk for an even bigger breakfast meal. The pancake adds some additional grains and whole milk adds calories and calcium while also thinning the consistency. Feel free to use any pancake recipe or mix that you prefer—the idea is that as you’re cooking pancakes for your whole family, your tube-fed loved one can have one, too! The nutritional information above includes one pancake from a basic pancake recipe—keep in mind that different pancake recipes will change the nutritional information.

### INGREDIENTS

- 1 pancake (5 inches in diameter)
- 1 Real Food Blends Eggs, Apples & Oats meal (entire package)
- 1 cup whole milk, divided

### DIRECTIONS

1. Add Eggs, Apples & Oats meal to the blender along with one pancake and 1/2 cup milk and blend until smooth.
2. Add remaining 1/2 cup milk, blending until smooth.
3. If a thinner texture is desired, add additional milk or water. If there are any small particles remaining after blending, strain the blend before use to avoid clogging the tube.

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## Tropical Breeze Breakfast

MAKES 1 20-OUNCE SERVING  
(23 CALORIES/OZ)

Nutrition per serving: 450 calories, 22 g fat  
(3 g saturated), 55 g carbohydrate, 13 g  
protein, 219 mg cholesterol, 154 mg sodium,  
7 g fiber, 32.3 g sugars

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Our **Eggs, Apples & Oats** meal is one of our thicker blends, and this recipe offers a couple simple additions that add extra nutrition while also creating a thinner consistency. Oat milk offers a great non-dairy source of calcium while papaya is high in vitamins C and A while also containing enzymes that produce a thinner blend.

### INGREDIENTS

- 1 cup cubed papaya
- 1 Real Food Blends Eggs, Apples & Oats meal (entire package)
- 1/2 cup oat milk

### DIRECTIONS

1. Cut a fresh papaya into chunks and measure out 1 cup.
2. Add Eggs, Apples & Oats meal to the blender along with the papaya and 1/4 cup oat milk and blend until smooth.
3. Add remaining 1/4 cup oat milk, blending until smooth.
4. If a thinner texture is desired, add additional milk or water. If there are any small particles remaining after blending, strain the blend before use to avoid clogging the tube.

*Always consult with your medical professionals before making any changes to your prescribed enteral (tube-feeding) formula and before starting a blenderized diet. Nutritional information is approximate and may vary based on the nature, brand, and quantities of ingredients used.*



## Thanksgiving Dinner

MAKES 5 8-OUNCE SERVINGS  
(30 CALORIES/OZ)

Nutrition per serving: 236 calories, 10 g fat, 25 g carbohydrate, 13 g protein, 796 mg sodium, 7 g fiber, 9 g sugars

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Everyone deserves to have a special meal on Thanksgiving, which is why we encourage our customers to create their own blended Thanksgiving dinner. We included the most common foods you'll find at our Thanksgiving table in this recipe, but feel free to customize with whatever your family eats on Thanksgiving. Basic nutrition information is provided, but this will vary depending on what you include in your blend and how each food is prepared. As this recipe yields 40 ounces total, you can enjoy leftovers, too!

### INGREDIENTS

- 1 cup cubed or shredded turkey
- 1 cup mashed potatoes
- 1 cup stuffing
- 1 cup green beans
- 1 cup cranberries
- 2 cups water or milk

### DIRECTIONS

1. Add turkey (remove skin if using a less powerful blender) and water or milk to the blender and blend until smooth.
2. Add mashed potatoes, stuffing, green beans, and cranberries to the blender and blend until smooth.
3. If a thinner texture is desired, add additional milk or water. If there are any small particles remaining after blending, strain the blend before use to avoid clogging the tube.

*Always consult with your medical professionals before making any changes to your prescribed enteral (tube-feeding) formula and before starting a blenderized diet. Nutritional information is approximate and may vary based on the nature, brand, and quantities of ingredients used.*