

Soft

recipes for tender mouths



Quick and easy meals suitable for braces

CONGRATULATIONS.....

You're on your way to having a beautiful straight smile.

Your Braces Soft Diet

Now that you have braces, there will be times you will need to be on a soft diet as your teeth will sometimes be tender.

Generally this is for the first few weeks of having your upper and lower braces put on. They can also be tender for a few days after each adjustment.

SOFT recipe book contains a collection of patient recipes that are fast, easy to make and very tasty.

Contents

Fruit salad	4
Fruit smoothies	6
Pancakes and maple syrup	8
Banana and honey yoghurt	10
French toast and maple syrup	12
Chicken noodle soup	14
Tomato and cheese burrito	16
Scrambled eggs	18
Spinach and feta pie	20
Salmon quiche	22
Crumbed fish soft tacos	24
Spaghetti bolognaise	26
Tomato penne and parmesan	28
Easy caramel ice cream	30
Apple crumble	32
Choc muffins	34

fruit salad

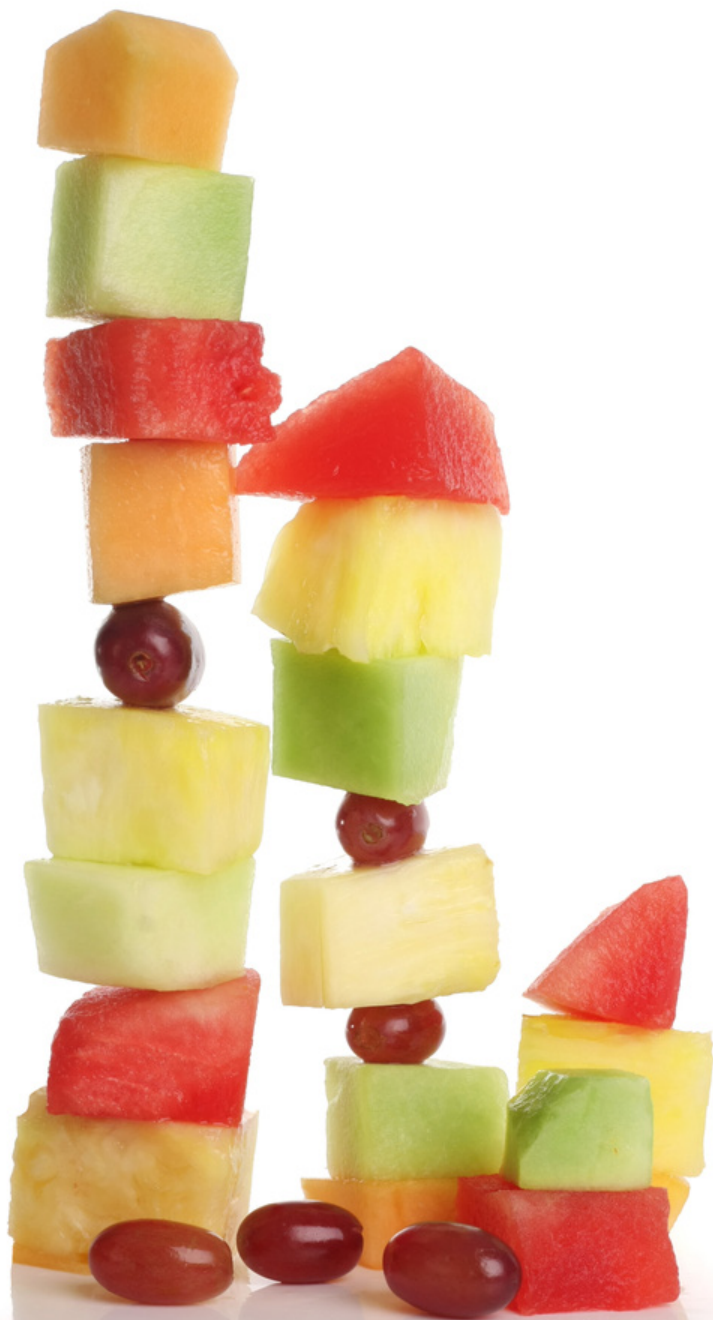
Fruit is perfect for providing a soft healthy option. Below is a list of fruits that are a popular choice on the soft food diet. Bake, steam or puree fruit if your teeth are extra sensitive.

fruits

Bananas
Rockmelon
Watermelon
Grapes (without seeds)
Pineapple
Kiwi fruit
Oranges
Strawberries
Blueberries
Raspberries

Method

1. To make a fruit salad, cut your choice of mixed fruits into 2cm cubes and combine in a bowl
2. Add honey and/or yoghurt if desired





fruit smoothies

A healthy, soothing smoothie is ideal for the first few days after adjustments. They are filling and delicious!

banana smoothie:

1 banana sliced
+ main ingredients

strawberry smoothie:

4 large strawberries
+ main ingredients

blueberry smoothie:

handful of blueberries
+ main ingredients

main ingredients
1 cup milk or soy milk
1 teaspoon honey
2 tablespoons yoghurt
4 ice cubes

method

1. In a blender place banana/blueberries or strawberries, milk and ice and blend for one minute
2. Add in honey and yoghurt and blend for a further one minute
3. Pour into a glass and sprinkle with cinnamon if desired

pancakes and maple syrup

Pancakes can be served at any meal. Make your own combination with different soft fruits and ice creams.

ingredients

1 cup self raising flour
1 cup milk
1 egg
30gm butter
maple syrup to serve

method

1. Place all ingredients into a bowl and mix until combined
2. Melt butter in a medium fry pan
3. Pour mixture as medium sized circles
4. Once bubbles have formed on the surface after approximately 3 minutes, flip to cook the other side until golden brown
5. Serve with maple syrup





banana honey yoghurt

A healthy snack which is filling and soothing. Make different combinations with other fruits and flavoured yoghurts. A sprinkle of nutmeg or cinnamon is also tasty.

ingredients

- 1 ripe banana - cut into 2cm pieces
- 1 250ml tub of vanilla or plain yoghurt
- 1 tablespoon of honey

method

1. Pour yoghurt into the bowl or glass and cut banana into pieces and serve on top
2. Then drizzle some honey over the top of the banana
3. A sprinkle of nutmeg or cinnamon adds a touch of spice

french toast and maple syrup

ingredients

2 eggs
1/2 teaspoon sugar, optional
1/2 teaspoon salt
1/2 cup milk
4 slices of bread
butter
maple syrup

method

1. In a mixing bowl add eggs, sugar, salt and milk
2. Beat mixture until frothy
3. Over a medium heat, heat a frying pan with a thin layer of butter
4. Place the bread slices, one at a time, into the mixture, for 15 seconds to soak up the egg mixture, then turn for another 15 seconds.
5. Place the egg bread into the fry pan and cook until golden brown on each side.
6. Serve with maple syrup





chicken noodle soup

ingredients

2 tablespoons olive oil
1 medium onion, finely chopped
1 carrot, sliced
1 zucchini, sliced
6 cups of chicken stock
300gm chicken breast fillet, diced
50gm thick noodles
parsley to garnish
pinch of salt and pepper

method

1. Heat oil in saucepan on medium heat. Add onion and cook for 3 minutes. Then add the carrot and zucchini and cook for 5 minutes
2. Add stock, cover and bring to the boil. Reduce heat and simmer for 15 minutes. Add chicken and pasta and cook for a further 8 minutes
3. Garnish with parsley

tomato and cheese burrito

ingredients

2 burritos
1 small roma tomato
30gm grated tasty cheese
2 lettuce leaves shredded
olive oil spray

method

1. Place the tomato, lettuce and cheese in the burrito
2. Heat frying pan on a medium heat and spray with olive oil spray
3. Place burrito in frying pan and cook for two minutes then turn for one minute to cook the other side





scrambled eggs

ingredients

2 large eggs
splash of milk
pinch of salt and pepper
chives chopped finely
30g butter

method

1. In a small mixing bowl add 2 eggs, a small amount of milk and a pinch of salt and pepper
2. Beat egg mixture with an egg beater until frothy
3. Melt butter in a fry pan over a medium heat
4. Pour the egg mixture into the pan and stir. Cook your eggs to your liking
5. Serve with a sprinkle of chives

spinach and feta pie

ingredients

250g packet of chopped spinach, cooked and drained
150g feta, crumbled
1/2 cup ricotta
2 teaspoons olive oil
1/2 onion, finely chopped
2 eggs
1/2 teaspoons ground black pepper
8 sheets filo pastry
small amount of melted butter

method

1. Heat oil in non-stick pan over low heat and cook onion until soft
2. Add spinach, cheeses, eggs and pepper
3. Layer 4 sheets of filo in a round pie dish, brush each sheet with melted butter
4. Fill with mixture and place 4 sheets of pastry on top, brush each layer with melted butter
5. Bake at 180c for 20 minutes or until pastry is golden





salmon quiche

ingredients

1 onion finely chopped
3/4 cup of milk
3 eggs, lightly beaten
1 415gm can of salmon
1/2 cup of grated cheese
375gm shortcrust pastry

method

1. Preheat oven to 220c degrees
2. Roll pastry and line a quiche dish
3. Add all of the ingredients and put onto pastry
4. Place in oven and bake for 30 minutes or until golden

crumbed fish soft tacos

ingredients

300gm fish fillets, cut into strips
1 cup plain flour
1 cup breadcrumbs
2 eggs, lightly beaten
olive oil
soft taco wraps
2 roma tomatoes, finely chopped
1 avocado, sliced
shredded lettuce
mayonnaise

method

1. To crumb the fish, coat fish fillets with flour, then place into the egg mixture, then into the breadcrumbs
2. Heat olive oil in fry pan on medium-high heat and cook for 3 - 4 minutes, or until golden
3. Heat taco wraps in microwave or oven, place lettuce, avocado, tomato and fish inside wrap
4. Top with mayonnaise





spaghetti bolognaise

ingredients

1 tablespoon olive oil
1 medium brown onion, finely chopped
1 medium carrot finely chopped
1 stick of celery finely chopped
1 garlic clove
1/2 cup water
500gm mince
1/3 cup of tomato paste
420gm tin of diced tomatoes
500gm of spaghetti
grated parmesan cheese

method

1. Heat oil in a saucepan on medium heat. Add in onion, carrot, celery and garlic, cook for 5 minutes. Add mince and cook for a further 6 - 8 minutes, until browned
2. Add paste, tomatoes and 1/2 cup of water. Bring to boil then reduce heat to a low simmer, cover, for 20 to 30 minutes. Season with salt and pepper
3. Cook pasta in a saucepan of boiling water for 10 - 12 minutes. Drain spaghetti, serve in bowl with bolognaise and parmesan cheese

tomato penne and parmesan

ingredients

2 tablespoons olive oil
1 garlic clove crushed
1 jar Napolitana sauce
1 tablespoon tomato paste
1/2 cup penne
grated parmesan cheese to serve

method

1. Boil penne for 10 minutes, drain and keep aside
2. Heat olive oil in another saucepan, add garlic and onion and saute
3. Add tomato paste and napolitana sauce and simmer for 1 minute
4. Add cooked penne to sauce and mix well
5. Serve with parmesan cheese





soothing ice cream



When your mouth is tender a cooling treat to have is your favourite flavoured ice cream and topping.



apple crumble

ingredients

6-8 granny smith apples, peeled
1 1/2 cups of minute oats
4 tablespoons of butter, melted
1/4 cup castor sugar

method

1. Pre heat oven to 180c degrees
2. Core and slice granny smith apples and layer them in a baking dish
3. Sprinkle each layer with a little of the castor sugar
4. Combine oats and sugar with melted butter and then spread over the apples.
5. Place into oven until top of oats are golden and apple is soft when pierced with a sharp knife.

Serve with ice cream





choc muffins

ingredients

2 eggs
1 cup sugar
1 cup plain flour
6 tablespoons cocoa powder
2 teaspoons baking powder
1 teaspoon vanilla essence
2/3 cup milk
2/3 cup butter
120g chocolate chips (optional)
coloured cup cake cases

method

1. Preheat oven to 180c degrees
2. Grease medium muffin cup tin (12 muffins) and line with cup cake cases
3. Beat the eggs with sugar
4. Mix the flour, cocoa powder, baking powder, vanilla and milk
5. Fold in the melted butter
6. Add in the choc chips
7. Bake in the preheated oven for 20 minutes

Congratulations on getting your braces....

Now you have your braces on, be your very best at:

1. Cleaning your teeth thoroughly after every meal
2. Avoiding hard foods at all times
3. Reducing sugary food and drinks
4. Not missing any scheduled appointments
5. Wearing your elastics and appliances as instructed

We are looking forward to having you in our practice and seeing your beautiful new smile unfold.....

