

## How to Blend Foods

### Do I need a special blender?

Yes. A high-quality blender is needed for the best mixing of foods.

The best types are:

- Stick blender
- Food processor
- Magic Bullet™
- Vitamix™
- Ninja™
- Blendtec



Some companies offer discounts if blenders are used for medical needs.

Call the manufacturer before buying a blender to see if they offer a discount.

### How do I blend foods?

1. Put liquids in the blender first. You can use water or try these liquids:

- gravy
- milk
- half & half
- cream
- fruit juice
- broth/stock
- sour cream
- tomato sauce
- cheese sauce

**Using these liquids instead of water will give the food more calories and nutrients.**

Talk to your dietitian about which liquids are best for your child.

2. Add food that has been cut into small pieces.

- Make sure any meats and eggs have been cooked thoroughly.
- Carefully wash all fresh fruits and vegetables.
- Nuts, coconut, and foods with seeds may not blend well. You can try to chop them into tiny pieces before adding to the mixture.



3. Blend until very smooth. You can blend multiple foods that go well together, such as bananas and strawberries.

4. Blended foods should be used, refrigerated (for up to 24 hours), or frozen right away.

This will prevent growth of harmful germs. Blended foods can only stay at room temperature for 2 hours.

**Make one batch at a time. Always keep hands, equipment, and all work surfaces clean!**

For more information about homemade formula, go to:

<http://mealtimenotions.com/HomemadeBlendedFormulaHandbook.htm>.

You can buy the *Homemade Blended Formula Handbook* at this website.

Reference: Klein, M.D. & Morris, S.E. (Eds.). (2007). *Homemade Blended Formula Handbook*. Tucson, AZ: Mealtime Notions LLC.

**ALERT:** Call your child's doctor, nurse, or clinic if you have any questions or concerns or if your child has special health care needs that were not covered by this information.

**This teaching sheet is meant to help you care for your child. It does not take the place of medical care. Talk with your healthcare provider for diagnosis, treatment, and follow-up.**