Scrambled Eggs

• To blender add:
  – 1 cup scrambled eggs
  – ¼ cup 2% milk
• Blend for 25 seconds
• Yield: 180 mL
Pancakes

• Tear 2 pancakes into small pieces
• To blender add
  – Pancakes pieces
  – 5 ounces (10 tablespoons) of 2% milk
• Blend for 25 seconds
• Yield: 180 mL
French Toast

- Tear 2 full slices of French Toast into small pieces
- To blender add
  - French Toast pieces
  - 8 ounces (1 cup) of 2% milk
- Blend for 25 seconds
- Yield: 360 mL
Greek Yogurt

- Good as is 😊 NO modification needed
Chicken Breast

• To blender add
  – 1 cup (8 ounces) of chopped chicken breast
  – 4 ounces (1/2 cup) of 2% milk
• Blend for 25 seconds
• Yield: 200 mL
**Spaghetti Bolognaisse**

- To blender add
  - 1 cup (8 ounces) meat sauce
  - 1 cup spaghetti
  - ¼ cup chicken broth
- Blend for 25 seconds
- Yield: 325 mL
Spaghetti with Marinara

- To blender add
  - 1 cup (8 ounces) marinara sauce
  - 1 cup spaghetti
- Blend for 25 seconds
- Yield: 275 mL
Mac n’ Cheese

• To blender add
  – 1 cup (8 ounces) Mac n’ Cheese
  – 3 tablespoons of 2% milk
• Blend for 25 seconds
• Yield: 210 mL
Enchiladas

• To blender add
  – 2 enchiladas
  – 5 ½ ounces (1/2 cup + 3 Tablespoons) of 2% milk
• Blend for 25 seconds
• Yield: 230 mL
Tuna Salad

• To blender add
  – 1 cup (8 ounces) Tuna Salad
  – ¼ cup + 1 Tablespoon of 2% milk
• Blend for 25 seconds
• Yield: 240 mL
Egg Salad

- To blender add
  - 1 cup (8 ounces) egg salad
  - 3 tablespoons of 2% milk
- Blend for 25 seconds
- Yield: 135 mL
Chicken Salad

• To blender add
  – 1 cup (8 ounces) chicken salad
  – 5 tablespoons (75 mL) of 2% milk
• Blend for 25 seconds
• Yield: 300 mL
Cream of Chicken and Wild Rice Soup

• To blender add
  – 1 cup (8 ounces) soup
• Blend for 25 seconds
• Yield: 200 mL
**Vegetable Soup**

- To blender add
  - 1 cup (8 ounces) soup
  - 1 cup white rice
- Blend for 25 seconds
- Yield: 350 mL
Chicken Noodle Soup

• To blender add
  – 1 cup (8 ounces) soup
  – 1/2 cup + 2 tablespoons white rice
• Blend for 25 seconds
• Yield: 350 mL
Cream of Tomato Soup

- To blender add
  - 1 cup (8 ounces) soup
  - ¾ cup white rice
- Blend for 25 seconds
- Yield: 240 mL