

Quick and easy meals suitable for braces

Norwest Orthodontics



# SOFT RECIPES

FOR TENDER MOUTHS

# CONGRATULATIONS

You are 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.



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## 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.

### INGREDIENTS

*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!

### INGREDIENTS

#### **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.  
  
Place burrito in frying pan and cook for two minutes then turn for one minute to cook the
- 3** 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 bolognese 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.





*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!*

