

Caring Cooks



RMHC[®]
Toronto

Recipe solutions for families with
seriously ill children

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Introduction

Ronald McDonald House Charities (RMHC) Toronto has collaborated with George Brown College and the Helderleigh Foundation to improve the nutrition, diet, physical health and wellness of Canadians by creating recipes unique to children's medical side effects. Inside this recipe book, you will find recipes specifically designed for children who are suffering side effects including loss of appetite, nausea and vomiting.

RMHC Toronto acknowledges the valuable collaboration of the Food Innovation & Research Studio at George Brown College and project sponsorship from The Helderleigh Foundation.



Coping with Medical Side Effects

Side effects from hospital treatment may vary from child to child and make eating more challenging. Here are some tips to manage some common side effects.

1. Loss of appetite

- Try to feed your child smaller meals throughout the day instead of three large meals. Smaller portions are easier to manage than large portions.
- Let children snack or graze on a few bites of food and sips of liquid as desired to ensure they get the calories they need.
- Arrange food attractively on a small plate with a small portion of food so it looks appetizing.
- Try to limit fluids before a meal, as they may decrease the child's appetite.
- Don't force your child to eat, as that might have the opposite effect.

2. Nausea and vomiting

- Try serving cold foods, which may have less odours than hot food.
- Limit fried foods, greasy, spicy and fatty foods.
- Try to avoid your favourite foods during your child's nausea and vomiting, as they may develop an aversion to them by association of being sick.
- Drink a small number of cold beverages throughout the day to keep hydrated. Start with clear fluids before going to full fluids.
- Keep crackers or dry toast to nibble on. These dry, starchy foods help to settle your child's stomach.

3. Sore mouth and throat

- Limit hard, crunchy, spicy, salty or acidic ingredients. Consume foods that are moist and wet.
- Serve cold foods or serve at room temperature, rather than hot foods.
- Give children straws for drinking fluids.
- Cook foods until they are tender.
- Mix foods with sauces, butter, mayonnaise, cream, broth, yogurt, milk or gravy to make them moist and easy to swallow.

4. Weight Loss

- Try to avoid intake of empty-calorie foods and aim for nutrient-dense foods.
- Avoid filling up on liquids or fluids before a meal to encourage appetite for nutrient-dense foods.
- Get children to eat socially to encourage appetite and eat more.
- Add cream, tofu, protein powder, dry milk powder or nut butters to food to increase protein and calories.

Butter Chicken

Nutrient dense, High calorie and protein

Prep Time: 15 minutes
Cook Time: 1 hour
Servings: 5 servings

Equipment

- Measuring cups
- Measuring spoons
- Large sauté pan
- Mixing bowl
- Spatula
- Whisk
- Knife
- Cutting board
- Can opener

Ingredients

- 3 tbsp (45 mL) Butter, divided
- 2 each (275 g) Boneless, skinless chicken breasts, diced
- 1 each Small onion, finely chopped
- 1 tbsp (15 mL) Ground cumin
- 1 tsp (5 mL) Ground coriander
- 1 tsp (5 mL) Ground ginger
- ½ tsp (2 ½ mL) Ground cinnamon
- ½ tsp (2 ½ mL) Ground nutmeg
- 1 tsp (5 mL) Salt
- ½ tsp (2 ½ mL) Black pepper
- 2 each Cloves
- 2 tbsp (30 mL) Tomato paste, no salt added
- 1 clove Garlic, minced
- ¼ cup (60 mL) Vegetable stock, no salt added
- 1 can (540 mL) Diced tomatoes, no salt added
- 1 cup (250 mL) 35% Cream
- ½ tsp (2 ½ mL) Red pepper flakes (optional)
- 1 cup (250 mL) Basmati rice, dry
(cook according to package instructions)

Directions

1. Heat 1 tbsp (15 mL) butter in large sauté pan over medium heat.

2. Add chicken and cook for 7 to 10 minutes. Remove chicken and set aside.
3. In same pan, heat remaining 2 tbsp (30 mL) butter and add onions. Cook until onions are translucent.
4. Add cumin, coriander, ginger, cinnamon, nutmeg, salt, pepper and cloves, stirring to coat onions. Add tomato paste and cook until tomato paste starts to become a rusty colour, about 1 minute.
5. Add minced garlic and vegetable stock. Whisk until combined and there are no lumps.
6. Bring to a boil and reduce heat to a simmer. Stir in diced tomatoes and cream and continue simmering for 15 minutes.
7. Return chicken and juices to pan and gently simmer for 30 minutes.
8. Season to taste and remove cloves. For a spicier dish, add optional red pepper flakes
9. Serve with hot basmati rice.

TIP: If you don't have fresh garlic, you can substitute 1 tsp (5 mL) garlic powder. Best paired with cooked basmati rice and garnished with cilantro if available.

Nutritional Information

Butter Chicken

Nutrition Facts	
Valeur nutritive	
Per ½ cup (125 mL) pour ½ tasse (125 mL)	
Calories 260	% Daily Value* % valeur quotidienne*
Fat / Lipides 21 g	28 %
Saturated / saturés 12 g + Trans / trans 0.5 g	65 %
Carbohydrate / Glucides 8 g	
Fibre / Fibres 2 g	7 %
Sugars / Sucres 5 g	5 %
Protein / Protéines 10 g	
Cholesterol / Cholestérol 75 mg	
Sodium 380 mg	17 %
Potassium 225 mg	5 %
Calcium 50 mg	4 %
Iron / Fer 1.25 mg	7 %
*5% or less is a little, 15% or more is a lot *5% ou moins c'est peu, 15% ou plus c'est beaucoup	

Basmati Rice (cooked)

Nutrition Facts	
Valeur nutritive	
Per 1/2 cup pour 1/2 tasse	
Calories 110	% Daily Value* % valeur quotidienne*
Fat / Lipides 0 g	0 %
Saturated / saturés 0 g + Trans / trans 0 g	0 %
Carbohydrate / Glucides 24 g	
Fibre / Fibres 0 g	0 %
Sugars / Sucres 0 g	0 %
Protein / Protéines 3 g	
Cholesterol / Cholestérol 0 mg	
Sodium 0 mg	0 %
Potassium 20 mg	1 %
Calcium 0 mg	0 %
Iron / Fer 2 mg	11 %
*5% or less is a little, 15% or more is a lot *5% ou moins c'est peu, 15% ou plus c'est beaucoup	

Cream of Chicken Soup

Nutrient dense, High calorie and protein

Prep Time: 15 minutes
Cook Time: 1 hour
Servings: 6 servings

Equipment

- Measuring cups
- Measuring spoons
- Forks
- Large pot
- Whisk
- Hand or full-size blender, or food processor

Ingredients

- 4 each (200 g) Boneless, skinless chicken thighs
- 2 tbsp (30 mL) Olive oil
- 2 stalks Celery, finely diced
- 1 Onion, medium, finely diced
- 2 tbsp (30 mL) Butter, unsalted
- 2 tbsp (30 mL) All-purpose flour
- 1 cup (250 mL) Chicken stock, no salt added
- 1 cup (250 mL) 3.25% Milk
- ¼ cups (60 mL) 35% Cream
- 1 cup (250 mL) Silken tofu, drained
- ½ tsp (2 ½ mL) Dried thyme
- ¼ cup (60 mL) Parmesan cheese, grated
- 1 tsp (5 mL) Lemon juice (optional)
- ½ tsp (2 mL) Salt
- ½ tsp (2 mL) Pepper

Directions

1. To poach chicken, bring 8 cups (2 litres) of water to a boil in large pot. Add chicken and reduce heat to a simmer. Cover and simmer for 10 minutes. Remove chicken and, when cool enough to handle, shred with two forks. Set aside.
2. Heat olive oil in a large pot over medium heat. Add celery and onion and cook until softened.
3. Add butter and, when melted, stir in flour and cook while stirring for 2 minutes, being careful not to burn the flour.
4. Turn the heat to low and slowly add stock. Ensure to keep whisking to remove any lumps.
5. Add in the milk, cream and tofu while whisking until smooth.

6. Bring up to a boil to smooth out the flour, then turn to a simmer. Use a hand blender (preferred) to puree the soup. (Optionally, before boiling, put the soup in a food processor and process until smooth, then return to pot and bring up to a boil). Once the soup is smooth and thickened from the heat, reduce to a simmer and add shredded chicken and thyme. Cook for 20 to 25 minutes.
7. Serve with parmesan cheese and a squeeze of lemon juice (optional).

Nutritional Information

Nutrition Facts	
Valeur nutritive	
Per 1 cup (250 mL)	
pour 1 tasse (250 mL)	
Calories 240	% Daily Value*
	% valeur quotidienne*
Fat / Lipides 14 g	19 %
Saturated / saturés 5 g	25 %
+ Trans / trans 0.2 g	
Carbohydrate / Glucides 7 g	
Fibre / Fibres 1 g	4 %
Sugars / Sucres 3 g	3 %
Protein / Protéines 20 g	
Cholesterol / Cholestérol 95 mg	
Sodium 320 mg	14 %
Potassium 350 mg	7 %
Calcium 100 mg	8 %
Iron / Fer 1.25 mg	7 %
*5% or less is a little , 15% or more is a lot	
*5% ou moins c'est peu , 15% ou plus c'est beaucoup	

Fruit Compote

Nutrient dense

Prep Time: 5 minutes
Cook Time: 40 minutes
Servings: 10 servings

Equipment

- Measuring cups
- Measuring spoons
- Medium saucepan
- Wooden spoon

Ingredients

- 2 tbsp (30 mL) Water
- ½ cup (125 mL) Dates, roughly chopped
- ½ tsp (2 ½ mL) Ginger powder
- 2 ¼ cup (560 mL) Strawberries, frozen

Directions

1. In medium saucepan, combine all ingredients in order listed.
2. Cook, stirring occasionally, over low heat for 35 to 40 minutes until dates and berries soften.

Nutritional Information

Nutrition Facts	
Valeur nutritive	
Per 1 tbsp (15 mL)	
pour 1 c. à soupe (15 mL)	
Calories 25	% Daily Value*
	% valeur quotidienne*
Fat / Lipides 0.1 g	1 %
Saturated / saturés 0 g	0 %
+ Trans / trans 0 g	
Carbohydrate / Glucides 6 g	
Fibre / Fibres 1 g	4 %
Sugars / Sucres 4 g	4 %
Protein / Protéines 0.2 g	
Cholesterol / Cholestérol 0 mg	
Sodium 1 mg	1 %
Potassium 75 mg	2 %
Calcium 10 mg	1 %
Iron / Fer 0.3 mg	2 %
*5% or less is a little, 15% or more is a lot	
*5% ou moins c'est peu, 15% ou plus c'est beaucoup	

Shepherd's Pie Meatball

Nutrient dense, High calorie and protein

Prep Time: 20 minutes
Cook Time: 1 hour
Servings: 10 servings

Equipment

- Measuring cups
- Measuring spoons
- Vegetable peeler
- Large saucepan
- Large pot
- Potato masher
- Small bowl
- Whisk
- Pastry brush
- Ice cream scoop

Ingredients

- 2 cups (500 mL) Yukon Gold potatoes, peeled and diced
- 2 tbsp (30 mL) Skim milk powder
- 2 tbsp (30 mL) 3.25% Milk
- 750 g Lean ground beef
- ½ cup (125 mL) Onion, finely chopped
- 1 cup (250 mL) Peas and carrots, canned or frozen, defrosted
- ½ of 1 pack (16g) Onion soup mix
- ½ cup (125 mL) Beef stock, low sodium
- 2 tbsp (30 mL) Cornstarch

Directions

1. Preheat oven to 375°F (190°C).
2. Fill a large pot with cold water. Add potatoes and bring to boil. Reduce heat to medium and simmer for 20 minutes or until potatoes are soft enough to mash.
3. Drain and mash with 2 tbsp (30 mL) skim milk powder and 2 tbsp (30 mL) 3.25% milk. Set aside.
4. In a large pan over medium heat, cook ground beef for 5 minutes until browned. Remove from pan, drain any fat and set aside.

5. In the same pan, add onions and cook until translucent. Stir in canned or frozen vegetables, onion soup mix and cooked ground beef. Cook for 5 minutes.
6. In a small bowl, stir cornstarch and beef stock together. Add to ground beef and bring to a boil. Cook for 3 to 5 minutes until thickened.
7. Remove from heat and stir in mashed potatoes. Using an ice cream scoop, portion into meatballs on a baking tray lined with parchment paper.
8. Bake in a preheated oven for about 10 to 15 minutes, until they are golden brown.

TIP: The Shepherd's Pie meatballs may be topped with gravy.

Nutritional Information

Nutrition Facts	
Valeur nutritive	
Per (150 g) pour (150 g)	
Calories 160	% Daily Value*
	% valeur quotidienne*
Fat / Lipides 3.5 g	5 %
Saturated / saturés 1.5 g	8 %
+ Trans / trans 0 g	
Carbohydrate / Glucides 16 g	
Fibre / Fibres 2 g	7 %
Sugars / Sucres 2 g	2 %
Protein / Protéines 16 g	
Cholesterol / Cholestérol 40 mg	
Sodium 135 mg	6 %
Potassium 300 mg	6 %
Calcium 30 mg	2 %
Iron / Fer 1.75 mg	10 %
*5% or less is a little, 15% or more is a lot	
*5% ou moins c'est peu, 15% ou plus c'est beaucoup	

Sweet and Salty Pretzel Balls

Nutrient dense, High calorie and protein

Prep Time: 10 minutes
Cook Time: 20 minutes
Servings: 24 servings

Equipment

- Measuring cups
- Measuring spoons
- Food processor
- Medium saucepan
- Strainer for sifting
- Paper towels
- Mixing bowls
- Ice cream scoop or large soup spoon

Ingredients

- 1 cup (250 mL) Hot water (to soak cashews)
- 1 cup (250 mL) Unsalted whole cashews
- 1 tsp (5 mL) Vanilla extract
- 2 cups (500 mL) Dates, pitted
- 2 tbsp (60ml) Hot tap water (for dates)
- ½ cup (125 mL) Unsalted sunflower seeds
- 1/3 cup (80 mL) Cocoa powder, unsweetened
- 2 tbsp (30 mL) Coconut oil, melted
- 2 tbsp (30 mL) Maple syrup
- 1 cup (250 mL) Pretzels
- ¼ tsp (2.5 mL) Kosher salt
- ½ cup (125 mL) Butterscotch chips
- 2 tbsp (60 mL) Butterscotch chips
(for topping, optional)
- 2 tsp (10 mL) Maldon or Kosher salt
(for topping, optional)

Directions

1. Add 1 cup hot water to the cashews and soak for 30 minutes. Once soaked, drain and add to the food processor.
2. In the medium saucepan, add the dates and 2 tbsp hot water and blend to break up the dates into fine pieces. Add to food processor.
3. Add the sunflower seeds, cocoa powder, vanilla, maple syrup, salt, butterscotch chips (1/2 cup) and melted coconut oil. Blend until a ball starts to form.

4. Open machine and scrape down the sides of the machine to spread mixture around.
5. Add the pretzels and blitz off and on until they are broken up and incorporated. (Not into a fine crumb though.) Scoop the mixture into balls.
6. Add the Maldon or Kosher salt (if using) onto a plate, and dip the top of the ball to decorate. Finish with a butterscotch chip.

Nutritional Information

Nutrition Facts	
Valeur nutritive	
Per (28 g)	
pour (28 g)	
Calories 110	% Daily Value*
	% valeur quotidienne*
Fat / Lipides 6 g	8 %
Saturated / saturés 2.5 g	13 %
+ Trans / trans 0 g	
Carbohydrate / Glucides 15 g	
Fibre / Fibres 2 g	7 %
Sugars / Sucres 7 g	7 %
Protein / Protéines 2 g	
Cholesterol / Cholestérol 0 mg	
Sodium 140 mg	6 %
Potassium 125 mg	3 %
Calcium 10 mg	1 %
Iron / Fer 0.75 mg	4 %
*5% or less is a little, 15% or more is a lot	
*5% ou moins c'est peu, 15% ou plus c'est beaucoup	

Chia and Cheese Crackers

Loss of appetite, nausea and vomiting

Prep Time: 40 minutes
Cook Time: 25 minutes
Servings: 24 servings

Equipment

- Measuring cups
- Measuring spoons
- Mixing bowls
- Cookie or pizza cutter
- Rolling pin
- Fork
- Baking tray
- Parchment paper
- Pastry brush

Ingredients

- 1¼ cups (310 mL) All-Purpose flour, divided
- ½ tsp (2 ½ mL) Onion powder
- ½ tsp (2 ½ mL) Garlic powder
- ½ tsp (2 ½ mL) Salt
- ⅓ cup (80 mL) Butter, unsalted, melted
- ½ cup (125 mL) 35% Cream
- 1 tbsp (15 mL) Cold water, if necessary
- 3 tbsp (45 mL) Parmesan cheese, grated
- ¼ cup (60 mL) Olive oil
- 2 tbsp (30 mL) Chia seeds
- ½ cup (125 mL) Old cheddar cheese, shredded

Directions

1. Preheat oven to 375°F (190°C).
2. In large bowl, combine 1 cup (250 mL) flour, onion powder, garlic powder and salt.
3. Mixing by hand, add in the melted butter and cream. Knead together until a ball starts to form, being careful not to over mix. If the dough seems too dry, add the water.
4. Cover and rest for 20 minutes.
5. Dust counter with remaining ¼ cup (60 mL) flour and evenly roll out the dough to 2 to 4 mm thickness. Cut into cracker shapes with cookie cutters or pizza cutter. Poke crackers with tines of fork.

6. Place crackers onto baking tray lined with parchment paper. Brush with olive oil and sprinkle with chia seeds, parmesan and cheddar cheese.
7. Bake for 25 to 30 minutes, rotating tray after 10 minutes. Crackers should be dry and golden brown.

Nutritional Information

Nutrition Facts	
Valeur nutritive	
Per (20 g) pour (20 g)	
Calories 110	% Daily Value*
	% valeur quotidienne*
Fat / Lipides 9 g	12 %
Saturated / saturés 4 g	
+ Trans / trans 0.2 g	20 %
Carbohydrate / Glucides 7 g	
Fibre / Fibres 1 g	4 %
Sugars / Sucres 0 g	0 %
Protein / Protéines 2 g	
Cholesterol / Cholestérol 20 mg	
Sodium 90 mg	4 %
Potassium 20 mg	1 %
Calcium 40 mg	3 %
Iron / Fer 0.5 mg	3 %
*5% or less is a little , 15% or more is a lot	
*5% ou moins c'est peu , 15% ou plus c'est beaucoup	

Rice Pudding

Loss of appetite, nausea and vomiting

Prep Time: 5 minutes
Cook Time: 1 hour
Servings: 12 servings

Equipment

- Measuring cups
- Measuring spoons
- Large saucepan
- Wooden spoon

Ingredients

- 2 cups (500 mL) Arborio rice
- ½ cup (125 mL) Sugar
- 6 cups (1 ½ L) 3.25% Milk
- ¾ cup (180 mL) 35% Cream, divided
- 1 tsp (5 mL) Vanilla extract
- ½ cup (125 mL) Coconut water, divided

Directions

1. In large saucepan, combine rice, sugar, milk, ½ cup (125 mL) cream, vanilla extract and ¼ cup (60 mL) coconut water. Cook over medium heat until mixture begins to bubble. Reduce heat to low and cook for about 1 hour, stirring frequently, until mixture thickens and rice is very soft.
2. Remove from heat and add remaining cream and coconut water, stirring to combine. Let pudding cool in pot for 30 minutes. Serve warm or cold.

TIP: Top with fruit compote, if desired.

Nutritional Information

Nutrition Facts

Valeur nutritive

Per ½ cup (125 mL)
pour ½ tasse (125 mL)

Calories 260	% Daily Value*
	% valeur quotidienne*
Fat / Lipides 9 g	12 %
Saturated / saturés 5 g	25 %
+ Trans / trans 0.3 g	
Carbohydrate / Glucides 38 g	
Fibre / Fibres 1 g	4 %
Sugars / Sucres 14 g	14 %
Protein / Protéines 7 g	
Cholesterol / Cholestérol 25 mg	
Sodium 65 mg	3 %
Potassium 175 mg	4 %
Calcium 150 mg	12 %
Iron / Fer 0.2 mg	1 %

*5% or less is **a little**, 15% or more is **a lot**

*5% ou moins c'est **peu**, 15% ou plus c'est **beaucoup**

Strawberry Banana Smoothie

Loss of appetite, nausea and vomiting

Prep Time: 2 minutes

Servings: 4 servings

Equipment

- Measuring cups
- Measuring spoons
- Blender

Ingredients

2 cups (500 mL)	Kefir, plain
2 each	Bananas, broken into pieces
½ tsp (2 ½ mL)	Vanilla extract
1 ½ cups (375 mL)	Strawberries, frozen
1 tbsp (15 mL)	Honey (optional)

Directions

1. In blender, combine all ingredients.
2. Blend on medium speed for 20 to 30 seconds, or until desired consistency.
3. Serve immediately or store in an airtight container in refrigerator for up to 2 days.

Nutritional Information

Nutrition Facts	
Valeur nutritive	
Per 1 cup (250 mL) pour 1 tasse (250 mL)	
Calories 160	% Daily Value* % valeur quotidienne*
Fat / Lipides 4.5 g	6 %
Saturated / saturés 0.1 g	1 %
+ Trans / trans 0 g	
Carbohydrate / Glucides 28 g	
Fibre / Fibres 3 g	11 %
Sugars / Sucres 20 g	20 %
Protein / Protéines 5 g	
Cholesterol / Cholestérol 0 mg	
Sodium 55 mg	2 %
Potassium 500 mg	11 %
Calcium 10 mg	1 %
Iron / Fer 0.75 mg	4 %
*5% or less is a little , 15% or more is a lot *5% ou moins c'est peu , 15% ou plus c'est beaucoup	

Chocolate Peanut Butter and Jam Muffins

Soft and easy to swallow

Prep Time: 20 minutes
Cook Time: 40 minutes
Servings: 12 servings

Equipment

- Muffin cups
- Measuring cups
- Measuring spoons
- Mixing bowls
- Whisk
- Spatula
- 12-cup muffin tray
- Wire cooling rack

Ingredients

- 1½ cup (375 mL) All-purpose flour
- ½ cup (125 mL) Whole wheat flour
- ¼ cup (60 mL) Cocoa powder, unsweetened
- ¼ cup (60 mL) Brown sugar
- 1 tbsp (15 mL) Baking powder
- ½ tsp (2 ½ mL) Salt

- 2 each Egg, large
- ½ cup (125 mL) 3.25% Milk
- ¼ cup (60 mL) Water
- 1 tsp (5 mL) Vanilla extract
- ¾ cup (180 mL) Peanut butter (not natural)
- 12 tsp (60 mL) Jam
- Non-stick spray

Directions

1. Preheat oven to 400°F (200°C) and line muffin tin with paper cups. Place on cookie sheet to protect the bottom from being burned.
2. In medium bowl, combine all-purpose flour, whole wheat flour, cocoa powder, brown sugar, baking powder and salt. Mix until there are no lumps. Set aside
3. In a separate bowl, whisk together eggs, milk, water and vanilla extract.

4. Add wet ingredients to dry and stir to combine, making sure not to overmix. Using two butter knives, cut the peanut butter into the batter.
5. Spray paper cups with nonstick spray and add 1 tbsp (15 mL) of batter. Top with 1 tsp (5 mL) of jam and fill cups with remaining batter.
6. Place the muffin tin on a baking pan lined with parchment paper and bake for 15 to 20 minutes. Muffins are cooked when an inserted toothpick comes out clean.

Nutritional Information

Nutrition Facts	
Valeur nutritive	
Per muffin pour muffin	
Calories 230	% Daily Value* % valeur quotidienne*
Fat / Lipides 10 g	13 %
Saturated / saturés 2 g + Trans / trans 0 g	10 %
Carbohydrate / Glucides 30 g	
Fibre / Fibres 3 g	11 %
Sugars / Sucres 10 g	10 %
Protein / Protéines 8 g	
Cholesterol / Cholestérol 30 mg	
Sodium 280 mg	12 %
Potassium 200 mg	4 %
Calcium 125 mg	10 %
Iron / Fer 1.75 mg	10 %
*5% or less is a little , 15% or more is a lot *5% ou moins c'est peu , 15% ou plus c'est beaucoup	

Crepes

Soft and easy to swallow

Prep Time: 10 minutes
Cook Time: 20 minutes
Servings: 12 servings

Equipment

- Measuring cups
- Measuring spoons
- Large bowl
- Whisk
- Cooking spray
- Non-stick frying pan
- Non-stick spatula

Ingredients

1 cup (250 mL)	All-purpose flour
¼ cup (60 mL)	Whole-wheat flour
1 tbsp (15 mL)	Sugar
¼ tsp (1 mL)	Salt
3 each	Eggs, large
2 cups (500 mL)	3.25% Milk
1 tsp (5 mL)	Vanilla extract

Directions

1. In a large mixing bowl, combine flours, sugar and salt.
2. Whisk in the eggs and then gradually add milk and vanilla, stirring until just combined. Batter should be thinner than pancake batter.
3. Spray non-stick frying pan with cooking spray and heat over medium-high.
4. Pour ¼ cup (60 mL) of batter into pan. Tilt pan using a circular motion so that batter evenly coats the surface.
5. Cook until top become opaque and edges begin to curl.
6. Loosen with a non-stick spatula and flip. Cook other side for another 30 seconds and remove to baking tray.

TIP: Fill with any desired toppings such as fruit compote, ricotta cheese, Nutella or peanut butter and bananas.

Nutritional Information

Nutrition Facts

Valeur nutritive

Per crepe
pour crepe

Calories 90	% Daily Value*
	% valeur quotidienne*
Fat / Lipides 2.5 g	3 %
Saturated / saturés 1 g	5 %
+ Trans / trans 0 g	
Carbohydrate / Glucides 13 g	
Fibre / Fibres 1 g	4 %
Sugars / Sucres 3 g	3 %
Protein / Protéines 4 g	
Cholesterol / Cholestérol 50 mg	
Sodium 85 mg	4 %
Potassium 100 mg	2 %
Calcium 50 mg	4 %
Iron / Fer 0.75 mg	4 %

*5% or less is a **little**, 15% or more is a **lot**

*5% ou moins c'est **peu**, 15% ou plus c'est **beaucoup**

French Toast Sandwich

Soft and easy to swallow

Prep Time: 5 minutes
Cook Time: 30 minutes
Servings: 4 servings

Equipment

- Measuring cups
- Measuring spoons
- Mixing bowl
- Whisk
- Non-stick frying pan
- Non-stick spatula

Ingredients

- 2 each Eggs, large
- 1 cup (250 mL) 3.25% Milk
- 2 tsp (10 mL) Vanilla extract
- 8 slices Whole-wheat bread
- ¼ cup (60 mL) Whipped cream cheese
- ¼ cup (60 mL) Fruit compote (see recipe on pg. 10)

Directions

1. In medium bowl, whisk together eggs, milk and vanilla.
2. Heat a non-stick frying pan over medium heat and spray with cooking spray.
3. Dip each slice of bread into egg mixture, turning until the bread is fully coated with the egg mixture.
4. Fry bread on hot pan for 2 to 3 minutes per side or until golden brown. Repeat for each slice.
5. Assemble sandwich with 1 tbsp (15 mL) whipped cream cheese and 1 tbsp (15 mL) fruit compote.

Nutritional Information

Nutrition Facts

Valeur nutritive

Per sandwich
pour sandwich

Calories 280	% Daily Value*
	% valeur quotidienne*
Fat / Lipides 10 g	13 %
Saturated / saturés 4.5 g	23 %
+ Trans / trans 0.2 g	
Carbohydrate / Glucides 34 g	
Fibre / Fibres 4 g	14 %
Sugars / Sucres 10 g	10 %
Protein / Protéines 13 g	
Cholesterol / Cholestérol 110 mg	
Sodium 350 mg	15 %
Potassium 350 mg	7 %
Calcium 200 mg	15 %
Iron / Fer 2.25 mg	13 %

*5% or less is a **little**, 15% or more is a **lot**

*5% ou moins c'est **peu**, 15% ou plus c'est **beaucoup**

Hummus

Soft and easy to swallow

Prep Time: 15 minutes
Cook Time: 5 minutes
Servings: 8 servings

Equipment

- Measuring cups
- Measuring spoons
- Medium saucepan
- Sieve
- Zester
- Food processor
- Bowl

Ingredients

- 1 can (540 mL) Chickpeas, drained and rinsed
- ½ cup (125 mL) Tahini
- ¼ tsp (1 mL) Ground ginger
- 1 clove Garlic
- 1 each Lemon, zest and juice
- ½ cup (125 mL) Olive oil
- ½ tsp (2½ mL) Salt
- 1 tbsp (15 mL) Water
- Pinch Cayenne (optional)
- ½ tsp (2 ½ mL) Ground cumin (optional)

Directions

1. Bring a medium saucepan of water to a boil and add chickpeas. Cook 5 minutes, until some skins of the chickpeas fall off. Drain.
2. In food processor, combine drained chickpeas, tahini, ginger, garlic, lemon zest and juice, olive oil and salt. Blend until smooth, adding water if necessary.
3. Season to taste and add cayenne and cumin for a spicier hummus. Best served chilled.

TIP: For Roasted Garlic Hummus, cut the top off a bulb of garlic and drizzle with 1 tbsp (15 mL) olive oil. Wrap in aluminum foil and roast in 350°F (180°C) oven for about 45 minutes or until soft. Cool completely and squeeze out softened roasted garlic. Use in place of raw garlic.

Nutritional Information

Nutrition Facts

Valeur nutritive

Per ¼ cup (60 mL)

pour ¼ tasse (60 mL)

Calories 250	% Daily Value*
	% valeur quotidienne*
Fat / Lipides 21 g	28 %
Saturated / saturés 3 g	15 %
+ Trans / trans 0 g	
Carbohydrate / Glucides 13 g	
Fibre / Fibres 3 g	11 %
Sugars / Sucres 2 g	2 %
Protein / Protéines 5 g	
Cholesterol / Cholestérol 0 mg	
Sodium 230 mg	10 %
Potassium 125 mg	3 %
Calcium 40 mg	3 %
Iron / Fer 1 mg	6 %

*5% or less is a **little**, 15% or more is a **lot**

*5% ou moins c'est **peu**, 15% ou plus c'est **beaucoup**