

RECIPES > DYSPHAGIA

NUTRITION

> CONSTIPATION

Constipation

#1

Pumpkin and walnut shake with thickener

1 person fibre/person calories/person protein/person
15 min. **7 g** **404 kcal** **14 g**

A nutritious drink with rich, autumnal flavours. Ideal for breakfast, as an afternoon snack or even a mid-morning snack. Be careful when using cinnamon powder, as it should be thoroughly mixed into the milkshake to avoid the danger of inhaling any coating of spice that may be sitting on top of the drink.



Preparation

Start by sautéing the pumpkin with the honey, the orange zest and juice and the cinnamon powder until the texture becomes smooth.

Next, blend the pumpkin with the milk or plant-based milk, walnuts and ground flaxseed. Add the xanthan gum and mix well until the texture of the shake is smooth. If necessary, strain it to remove the walnut peel and sediments and blend again to obtain the desired consistency.



Ingredients

- 80 g pumpkin
- 1 tsp honey (8 g)
- 24 g walnuts (6 pieces)
- 2 tbsp ground flaxseed (26 g)
- 100 ml milk/plant-based milk
- 1 orange zest and juice
- 2 g xanthan gum
- Cinnamon powder to taste

YUM

Constipation

#2 Pumpkin and walnut shake, naturally thick

1 person fibre/person calories/person protein/person
15 min. **6,5 g** **404 kcal** **14 g**

A nutritious drink with rich, autumnal flavours. Ideal for breakfast, as an afternoon snack or even a mid-morning snack. Be careful when using cinnamon powder, as it should be thoroughly mixed into the milkshake to avoid the danger of inhaling any coating of spice that may be sitting on top of the drink.



Preparation

Start by sautéing the pumpkin with the honey, the orange zest and juice and the cinnamon powder until the texture becomes smooth. Next, blend the pumpkin with the milk or plant-based milk, walnuts and ground flaxseed.

Mix well until the texture of the shake is smooth. If necessary, strain it to remove the walnut peel and sediments and blend again to obtain the desired consistency. If you need a juice that binds better, you may add some fruit with more pulp. For example, mango, papaya, banana, baked apple or baked quince.

Ingredients

- 80 g pumpkin
- 1 tsp honey (8 g)
- 24 g walnuts (6 pieces)
- 2 tbsp ground flaxseed (26 g)
- 90 ml milk/plant-based milk
- 1 orange zest and juice
- Cinnamon powder to taste

Constipation

#3 Prune, grape and ginger shake with thickener

1 person fibre/person calories/person protein/person
15 min. **14 g** **265 kcal** **8 g**

A refreshing, but also nutritious option! To avoid sediments or lumps, try grinding the oats beforehand to get a finer and more even flour. Be careful when using cinnamon powder, as it should be thoroughly mixed into the milkshake to avoid the danger of inhaling any coating of spice that may be sitting on top of the drink.



Preparation

Blend the prunes together with the grapes, honey, oats, milk or plant-based milk, and xanthan gum until the texture of the shake is smooth. If necessary, strain it to remove the plum and grape skins and blend again until you get the desired consistency.

Ingredients

- 6–8 prunes (60 to 80 g)
- 5 grapes (35 g)
- 2 tbsp oats (18 g)
- Ginger
- 100 ml milk/plant-based milk
- 2 g xanthan gum
- Cinnamon powder to taste



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#4 Prune, grape and ginger shake, naturally thick

1 person fibre/person calories/person protein/person
15 min. **15 g** **325 kcal** **10 g**

A refreshing, but also nutritious option! To avoid sediments or lumps, try grinding the oats beforehand to get a finer and more even flour. Be careful when using cinnamon powder, as it should be thoroughly mixed into the milkshake to avoid the danger of inhaling any coating of spice that may be sitting on top of the drink.



Preparation

Blend the prunes together with the grapes, honey, oats, milk or plant-based milk, and cinnamon until the texture of the shake is smooth. If necessary, strain to remove the prune and grape skins and blend again until you get the desired consistency. In case of severe dysphagia, you should not add ice to the drinks, but rather chilled water, to regulate the temperature, since, when melting, the ice can cause a change in the consistency of the drink and, consequently, lead to aspiration.

Ingredients

- 6–8 prunes (60 to 80 g)
- 5 grapes (35 g)
- 2 tbsp oats (18 g)
- Ginger
- 90 ml milk/plant-based milk
- Cinnamon powder to taste



Constipation

#5 Carob and carrot milkshake with thickener

1 person fibre/person calories/person protein/person
15 min. **6,5 g** **254 kcal** **9 g**

The mild flavours of carrot, honey and cinnamon have never been so refreshing! Brighten up your mornings with this delicious and nutritious shake. The source of fibre may vary between almond flour, psyllium, oats or flaxseed. Be careful when using cinnamon powder, as it should be thoroughly mixed into the milkshake to avoid the danger of inhaling any coating of spice that may be sitting on top of the drink.



Preparation

Blend the carrot, honey, carob, milk or plant-based milk, almond flour, cinnamon and xanthan gum until the texture of the shake is smooth. If necessary, strain to remove any undissolved sediments and blend again to obtain the desired consistency.



Ingredients

- 1 tbsp carob flour (12 g)
- 1 tsp honey (8 g)
- 1 spoonful almond flour (14 g)
- 1 raw carrot (147 g)
- 150 ml milk/plant-based milk
- 2 g xanthan gum
- Cinnamon powder to taste

Constipation

#6 Carob and carrot milkshake, naturally thick

1 person fibre/person calories/person protein/person
15 min. **7 g** **328 kcal** **11 g**

The mild flavours of carrot, honey and cinnamon have never been so refreshing!

Brighten up your mornings with this delicious and nutritious shake. The source of fibre may vary between almond flour, psyllium, oats or flaxseed. Be careful when using cinnamon powder, as it should be thoroughly mixed into the milkshake to avoid the danger of inhaling any coating of spice that may be sitting on top of the drink.



Preparation

Blend the carrot, honey, carob, milk or plant-based milk, almond flour and cinnamon until the texture of the shake is smooth. If necessary, strain to remove any undissolved sediments and blend again to obtain the desired consistency. If you need to increase the fibre content and achieve a slightly thicker texture, you may use psyllium fibre, about 1g per 100ml.



Ingredients

- 1 tbsp carob flour (12 g)
- 1 tsp honey (8 g)
- 1 spoonful almond flour (14 g)
- 1 raw carrot (147 g)
- 120 ml milk/plant-based milk
- Cinnamon powder to taste

These recipes were created in partnership with Dr Diana Miranda, nutritionist specialised in neurodegenerative disorders, Dr Rita Cardoso, speech and language therapist specialised in problems related to Parkinson's disease and other movement disorders and the chef.