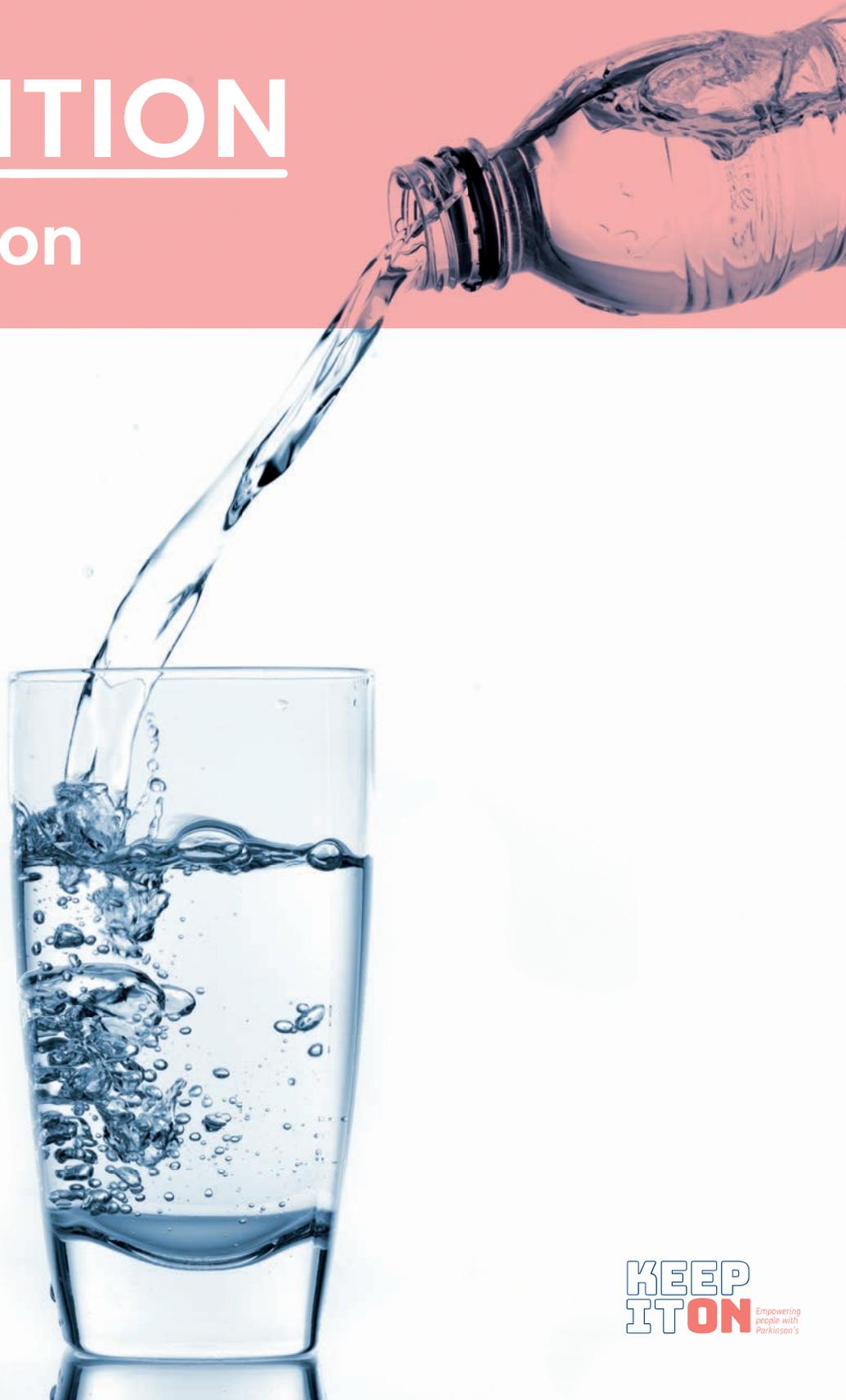


# RECIPE ADAPTED FOR DYSPHAGIA

## NUTRITION

> Hydration



# Hydration

#1

Water flavoured with berries, cinnamon and lemon

1 person

Calories/person

5 min.

0kcal

Refreshing and simple. A quick recipe you'll want to make over and over again. Add more water according to your preference. Make the most of the ingredients by reusing them in shakes, teas, etc.



## Method

Start by cutting the lemon peel, then place all the ingredients in a glass or jug of water and let them infuse. Strain the mixture and add the xanthan gum. Mix well until you get the desired consistency. Serve fresh.

## Ingredients

- 1 lemon peel
- 200ml water
- 1 cinnamon stick
- 30g berries according to preference
- 3g xanthan gum



YUM

# Hydration

## #2 Ginger, mint and cinnamon infusion

1 person

Calories/person

**5 min.**

**0kcal**

This recipe promises to warm you up on the coldest days, with its colourful and fresh aromas. You may add more water and keep the drink in a thermos, to enjoy throughout the day. Make the most of the ingredients by reusing them in shakes, teas, etc.



### Method

Start by slicing the ginger, then place all ingredients in a glass or jug with hot water and let them infuse. Wait until you feel that the aromas are clearly accentuated. Strain the mixture and add the xanthan gum. Mix well until you get the desired consistency.

### Ingredients

- 1 slice of fresh ginger
- 4 fresh mint leaves
- 1 cinnamon stick
- 200ml hot water
- 3g xanthan gum



# Hydration

## #3 Spinach aromatic broth

1 person

Calories/person

10 min.

0kcal

A versatile and nutritious broth that enhances the freshness of the aromatic herbs. Make the most of the ingredients by reusing them in creams or purees.



### Method

Start by washing the peels and stems of the vegetables and herbs. Put everything in a pot of boiling water. Strain the mixture and remove the peels, leaving a sieved aromatic broth.

Cook the onion and the celery bulb/sweet potato in some of the stock. When cooked, mash everything until you get an even and thicker mixture. If necessary, strain again to remove small sediments or lumps.



### Ingredients

- Onion and garlic peels (washed well)
- 200ml water
- Parsley or coriander stalks (washed well)
- Cardamom
- 1 bunch of citronella
- 50g spinach stems
- 50g celery bulb/sweet potato
- 1/4 onion

**Note:** If you need an even thicker mixture, you may add more celery bulb. You may also try mixing different aromatic herbs and spices in the broth base, to vary the flavours.

# Hydration

## #4 Apple and berries gelatine

4 people | fiber/person | calories/person | protein/person  
**20 min.** | **2g** | **30kcal** | **1g**

Naturally sweet and handy to brighten up a dessert or snack. A simple and original way to stay hydrated.



YUM

### Method

Start by placing a pot on the stove with the apple, berries, cinnamon stick, lemon zest and juice and some water, to cook. Let everything boil and then mash it until you get an even puree.

Place the agar-agar in a pot with boiling water, over low heat, and stir well until it is completely dissolved. Let it boil for about two minutes.

Remove from the heat and mix in the fruit puree. Let the mixture cool down, and then store in the fridge until it is solid.

### Ingredients

- 100g berries (blackberries, raspberries, blueberries)
- 1 apple
- 1 cinnamon stick
- 1 lemon peel and juice
- 2 agar-agar sheets
- 500ml water

**Note:** For dysphagia, agar-agar is a better option, as it helps to keep the consistency of the gelatine constant while swallowing. The gelatine sheet melts with body temperature in the oral cavity, quickly becoming liquid, which can lead to inhaling when swallowing and, consequently, aspiration pneumonia.

# Hydration

## #5 Coffee Gelatine

4 people    fibre/person    calories/person    protein/person  
**20 min.**    **0g**    **30kcal**    **1g**

A great alternative to end your meals. Tasty, hydrating and so simple to prepare and preserve. Let's get to it.



### Method

Start by preparing the coffee. Then add it to a pot of water until it's piping hot. Add the agar-agar, dissolve well and turn up the heat until it boils. Let it boil for about two minutes. If you want to, you may add the cinnamon stick for more flavour. Remove from the heat and place the mixture in a container (or several individual containers), let it cool down, and store it in the fridge until it is solid.

**Note:** For dysphagia, agar-agar is a better option, as it helps to keep the consistency of the gelatine constant while swallowing. The gelatine sheet melts with body temperature in the oral cavity, quickly becoming liquid, which can lead to inhaling when swallowing and, consequently, aspiration pneumonia.



### Ingredients

- 1tbsp soluble coffee (10g)
- 2g agar-agar
- 500ml water
- 1 cinnamon stick (optional)



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