



Just Whip It!

A No-Nonsense Guide

for

Preparing Foods for Individuals
with Chewing or Swallowing Impairments

This guide is dedicated to all my
FOP friends
who are challenged everyday by FOP.
Because of the reality
of jaw/swallowing difficulties
I am challenged with,
I came up with this guide
to help those who are in need
of a few helpful hints
in designing a creative
and
well balanced diet.

It's obvious to me
that we don't have a choice on what FOP
does to us, but we DO have a choice
as to what we do with any FOP limitation -
its a challenge...
but it's not impossible!!

In the beginning... Food Processor Hints

The food processor I currently use is a KITCHENAIDE food processor, but most any brand would do the job. The one thing I do like about this one is that it has a pulse button so you can control the whipping processing more effectively. This brand is a pretty heavy duty one as well as having a powerful high speed motor making any whipping job a success.

Contained in this guide I've made some suggestions that you can try to customize to your own dietary likes/dislikes....or maybe try something completely new! It may seem hard to think that these foods would "whip" and would still be palatable, but believe it or not, I have friends that prefer my "whipped" dinners to theirs!!

Keep in mind while you prepare your foods through the food processor that they do lose heat, plus they seem to "grow". To combat the heat loss, a microwave is a handy way to warm up your dish. The volume of the food seems to expand because you're adding either sauce to it and also air seems to expand it too. When you add moisture to your whipped item, try adding gravies, sauces, condiments like ketchup, mayo etc. a little at a time as you can always add more but it's difficult to take out once its added. (You can also put a dab of sauces on the side of you plate too!)

I hope you try a few of my suggestions. It gives me the ability to eat just about anything I want, along with giving me a variety and a well balanced diet.

FAST FOOD JUNKIES

I learned about whipping Whoppers from Burger King or Big Macs from McDonald's when I was tired of not having fast foods like everyone else. I used to settle for "just a Milkshake" but no more!!

To make a burger tasty from a food processor, what I find works well is described below....

Remove bottom bun. Break up top bun and put in food processor. Whip slightly. On top on whipped bun, place cut up burger pieces with toppings (lettuce, tomato, ketchup, etc.). Whip slightly. If the mixture seems dry or not "clumpy" add a bit more desired condiment. Start with about 1-2 tbs. at first then whip again. You'll get to figure out what consistency works best for you the more you work with the food processor. Of course the more you whip it, the finer it gets. Once the burger is at the desired consistency, place on plate (use the bottom bun for an "open face" burger if desired) and microwave for approximately 40 seconds. For an added taste treat place a piece of cheese on top on whipped burger before heating. Also place a dab or two of your favorite condiment on your plate so you can dip individual mouthfuls making it a tasty treat!

For an even tastier burger add more fresh lettuce or sliced tomatoes to your whipping process. This not only guarantees that you get some veggies in your meal but it adds moisture to the burger too!

Why not use both buns? I have found that in whipping burgers, subs, and other breaded dishes that if you whip too much of the bun or bread the end product becomes too doughy and the taste of the burger isn't as good.

RED MEAT, PORK AND POULTRY CUISINES

I have yet to find a meat that isn't whippable! You'll come up with your own way, but here are a few suggestions on how to whip your meat dishes.

Prepare meat by using your own recipe. After meat is cooked, cut a portion into chunks and put in food processor. If recipe doesn't contain a gravy, prepare a packaged gravy or a canned gravy already made. There are quite a variety of these at your grocer's...chicken, brown, onion, mushroom, herb for a few examples. HINT: If you make a packaged gravy, use only half the package and save the remainder for another meal. This way one package will last two meals and they'll be less waste! Whip meat adding gravy until desired consistency is achieved. Heat in microwave. Season to taste and enjoy!

HINT: If the meat dish is like a stew with a combination of ingredients, you may want to whip the meat separately from the vegetables then combine them when you eat, this will give you a variety of taste with each portion.

HINT: Whipping isn't as difficult as it seems. I have learned that the better cut of meat the "smoother" it'll be after whipping.

HINT: To make ground meat dishes (like burgers, meatballs, meat loaf) less grainy (if that's a problem in swallowing for you) try whipping the raw ground meat first then prepare the dish according to the recipe and then follow whipping directions above. Be sure you wash your whipper WELL with hot soapy water since raw meats have contaminants that can make you VERY sick!

IDEAS: For a difference in chicken dishes...try Ragu's Chicken Tonight Sauces (makes for a nice change of pace!) For beef dishes try A-1 sauce or Barbeque Sauces for side dips...they're great too!

FOR THE SEAFOOD LOVER IN YOU!

Through the years it has taken a bit more time in experimenting with seafoods. Each kind has a unique way of working...

I have had the most success with shrimp, crab, lobster and scallops. Unfortunately clams tend to be too rubbery to whip into smaller pieces. (of course living in the midwest, we don't have access to fresh clams like those on the coasts!)

Whether the above mentioned seafoods are steamed, deep fried or baked, they whip wonderfully. Prepare dish with your favorite recipe (remember to shell as whipped shells are nasty!) Place cooked seafood in whipper then just whip until its the desired consistency adding tartar or cocktail sauce sparingly if preferred for a moisture dish. Place on plate and heat in microwave. Put a dab of tartar sauce or cocktail sauce on the side for a varied taste.

CAUTION: Some fish is moist and flaky enough so whipping isn't required. The one thing about fish is be careful of the bones!

IDEA:

- Broiled Orange Roughy is one of my favorite fish dishes. Add some lemon butter, salt. Pepper and lemon pepper to taste and rarely have I found bones in this fish!
- Another new find is diced/minced breaded ready-to-bake shrimp...heat and serve...the whipping is done for you!
- Look in your grocer for a variety of seafood sauces (usually in the gravy aisle) I have found ones that are quite tasty...lemon & herb, newburg sauces and the like!

BARBECUE BITES

Any food off the grill is a summer specialty. Whether its burgers, hot dogs, steaks or chicken, they all whip great even retaining the flavor of the grilled outdoors!

Grill desired food. Place cut up pieces in whipper, adding about half of a bun for hot dogs or burgers. Add desired sauces for moisture such as ketchup, mustard, mayo, horseradish, lettuce, tomato, pickles, olives, mushrooms, onions, sauerkraut, relish, or peppers. Whip until desired consistency adding sauces sparingly. Heat in microwave and the place a dab of your favorite condiment on the side.

HINT: If you use barbecue sauce on your meat (say on chicken or steak) I'd suggest you make a small portion of gravy for whipping your meat. If you use barbecue sauce for whipping moisture, I've found that it overwhelms the meat and all you taste is the sauce!

ORIENTAL CUISINE

Oriental foods are another easy choice to whip. Most oriental dishes call for chopped or minced ingredients making it even easier to whip. Most oriental dishes call for sauces such as sweet and sour sauce. Use this sauce for your gravy, adding a dash of soy sauce for even more flavor. Place prepared and cooked dish in whipper until desired consistency is reached. Microwave and enjoy!

HINT: If the dish calls for a rice base (like chicken chow mein) I prefer to keep the rice separate (usually there's no need to whip the rice but you might want to cook it with a touch more water to make it softer) then place the rice in a bowl then add the whipped portion on top (or on the side) of the rice. This way you can mix the rice and the main dish with each spoonful for a different flavor and texture.

IDEAS: La Choy makes a few good canned dinners that heat up quick and are yummy. Try their Chicken or Beef Chow Mein and Teriyaki dinners found in most grocer's. Egg rolls whip up quite good too...I add a touch of sweet and sour sauce to moisten these while whipping.

ITALIAN CUISINE

Italian type foods are very easy to prepare in a food processor. As most Italian dishes are saucy, like spaghetti, lasagna and pizza, they come with ready made sauces!

For spaghetti put desired amount of cooked noodles in whipper and whip slightly (until noodles are about 3 inches long or so) Add sauce on top of noodles then whip slightly and be careful not to over whip (as you'll end up with spaghetti soup if you're not paying attention!) Spaghetti seems to "grow" when you whip it. Heat in microwave and sprinkle with Parmesan or Romano cheese.

For lasagna cut portion in pieces and place in food processor. Whip slightly adding spaghetti sauce for added moisture.

HINT: Keep in mind when you make the lasagna to keep aside about a half a cup of sauce for whipping. This should be enough for two servings.

For pizza I do cut the top crust off (makes like a breadstick) as if you whip with too much bread it tends to get doughy. The triangle of pizza that's left, cut into pieces and place into whipper and whip adding extra pizza sauce as you go. If you order out, just request a cup of sauce on the side, though I've found it's much cheaper to buy a can of pizza sauce from the grocer than to order extra. (each pizza place is different!) Heat pizza and chow down!

HINT: I've found that mozzarella cheese tends to be rather chewy so we request that cheddar cheese be mixed in or if we make a homemade pizza we use a four cheese combo.

SOUTH OF THE BORDER CUISINE

Anyone with an iron stomach will appreciate most any spicy food as they, too, can be easily whipped. I myself, don't have a super strong stomach but I do enjoy a milder version of most Mexican selections.

Similar to Italian foods, Mexican foods usually are prepared with some kind of sauce (or a combination of a few). This makes it simple to whip a portion to the right consistency.

Tacos are a real tasty meal, as they combine a spiced up meat, along with fresh vegetables you can add while you whip it. Place a hard shell or taco chips (like Doritos!) in the food processor. Whip until pieces are tiny. On top of whipped chips, place prepared, cooked meat, cheese, desired vegetables, taco sauce and a dab of sour cream or guacamole. Whip until desired consistency is achieved. Remember to go easy on the sauces as you can always add more but its hard to take out! Place on dish, add a dab of extra sauce and sprinkle a little cheese on top then heat in microwave and eat! Put a dab or two of sour cream guacamole, salsa on the side to make each mouthful an explosion!

Other Mexican dishes whip as above. Enchiladas and Burritos are pretty much the same. If the shells are big and crusty, remove these parts before whipping...

IDEAS: If you can handle a soft flour or corn shell, try whipping the inside ingredients then place in shell, lightly pan fry taco and cut into pieces you can tolerate.

APPETIZERS

Like I've previously mentioned, nearly any food is "whippable", including before and after dinner nibbles. One of my favorites are hot wings (a.k.a. Wing Dings) Prepare and cook wings as directed. Put pieces of wings in whipper (no bones, please!) Whip until desired consistency is achieved. Make a Garden Ranch Dip with fresh sour cream or Thousand Island dressing. Heat wings in microwave and serve with a dab of dip. Most other appetizers can be prepared with a little ingenuity. Of course most cheeses are easy but again remember some cheeses are "stringy" and hard to swallow if allowed to "set up".

IDEAS: Deviled Eggs, Pinwheels (see back for recipe)

SALADS

It's easier to whip a salad than you think! If you have already experimented with this, it looks pretty sad doesn't it? I was saddened by this because I used to love salads. I stumbled on to a trick I want to share with you that has helped me regain the pleasures of raw veggies in my diet. As expected, raw vegetables are pretty watery when whipped in a whipper. My trick? Whip a handful of taco chips (Doritos 3-D's are my current favorite) Create your salad on top of these whipped chips. Whip until desired consistency is met, making sure you don't over whip! Put salad in bowl, sprinkle with cheese or bacon bits and top with your favorite dressing.

HINT: You'll end up using a lot more dressing than you normally would use. Another trick I've learned is to make a hole in the middle of your salad until you see the bottom of the bowl. Pour your dressing in the "crater". This way you have moisture to add to your salad as you eat the "layers" down until the bottom of the bowl without making the whole salad soggy!

FROZEN FOOD FIESTA

Need a quick meal, but don't want to take the time to prepare a big meal? Do what most Americans do and look in the frozen food section of your favorite grocer's! Many frozen entrees whip surprising well. One of my old fav's is Stouffer's Chicken Divan and Selections from Budget Gourmet. Just follow their cooking directions, whip and eat! You can try this with dishes like pot pies and the like. Granted you shouldn't live by Stouffer's alone, but its a good quick alternative if you're tired and very hungry!

Frozen foods are a good alternative but do remember that prepared foods contain a great amount of sodium (salt). Which would make water retention a problem if you solely relied on prepared foods.

IDEAS: Minced Onion rings, Hash Browns, Pot Pies, Ravioli (canned or frozen), TV dinners, fish sticks

DON'T FORGET YOUR VEGGIES!

Although it may seem unnecessary to whip vegetables, some veggies do go down easier if you whip them. I find this true of vegetables that have a "shell" on them like peas and corn. Vegetables are very important to our diets and they should not be forgotten! Our bodies don't live on just "meat and potatoes" or just "soups and milkshakes"! We all need to give vegetables a chance. Vegetables give us many vitamins and roughage you can't find anywhere else....so try a veggie every day!!

The fresher the vegetable, the better it would be in regards to vitamins and minerals. Vegetables can be bought fresh, frozen or canned. Find a local farmer's market for local offerings. Prepare and cook vegetables until done. You might want to cook them until they are a bit softer than most people like. Put a portion in whipper and whip slightly using a pat of butter for moistness. Vegetables get cold quick so heat in microwave with your meat portion. Add butter and season to taste.

DINING OUT

Dining out is a treat for most people. For special occasions it is enjoyable to go out for an evening. Say a birthday or anniversary celebration constitutes something out of the ordinary. You may be surprised how accommodating restaurants can be! Of course the nicer the restaurant, the better the service. I don't dine out often but have found most waitresses and cooks/chefs very understanding and accommodating to my special needs. One suggestion I would give a restaurant goer would be to give explicit instructions in your whipping requests. Going as far as offering to go back to the kitchen to supervise. (They probably won't let you run the equipment because of liability reasons.) Another suggestion would be to be very specific what needs whipping...leaving it separate or mixing it with other menu items. Once I ordered a shrimp dinner and they whipped my shrimp in my mashed potatoes. Needless to say, I wasn't very happy, but they adjusted the bill accordingly. Let me share with you a few fun stories about dining out....

On our first wedding anniversary, Andy, my husband, made reservations at a very elegant restaurant for this special celebration. I ordered prime rib, requesting that my meat be "pureed" with gravy, explaining simply that my jaws were locked. He took my request to the chef and moments later the chef appeared at our table. He inquired about the specifics of my request and when I was served my plate, I was stunned to see my meat portion shaped in the form of a prime rib piece! He took the time to not only whip the meat according to my wishes but he made the plate look pleasing to eat too! (one of my caregivers also shaped pizza pieces like "real pieces" too!)

Another cute story was while out of town we choose a Chinese restaurant for our dinner. Well, our waiter was very nice, however, the only English he seemed to know was the menu items. We explained that my meat needed to be whipped "like baby/junior food". After trying to explain to him what my request was, he said in his broken English, "Let me get cook." He came back not only with the cook but with the manager as well. After explaining (again) one of them seemed to understand and proceeded to tell the others what was needed in their native tongue. Needless to say, we were a bit worried if my dinner would be in a form to my liking and eating ability. A few minutes later out came our waiter with our orders, served to perfection! My meal was very enjoyable and our waiter was very happy that they all figured out my unusual request. While he waited on our every need, he always left our table bowing and saying, "Thank you... thank you... thank you!"

OTHER IDEAS THAT MAY HELP YOUR DINING EXPERIENCE

- Have a beverage with your meal so you can take sips throughout your meal to help wash your meal down.
- If you have difficulty swallowing or "things seem to get stuck" often, try using nasal saline spray to moisten not only your sinuses but this also moistens the back of your upper throat. (Andy, my husband, discovered this quite by accident, but it has helped his eating tremendously!)
- In the event you're dining out (for example at a company picnic or potluck or unfamiliar restaurant) but not sure of the menu selections, call ahead to see what may work. If there isn't anything available, bring along things that you can eat.

RECIPES TO TRY

Here are some recipes that I have found work great for whipping along with a few other meals that are an easy no-fuss non-whip meals that you might like to try too.

Chicken Rollups- a fast dinner.

Ingredients:

1 chicken or 2 canned chickens

2 cans Crescent rolls

1 can chicken broth

2 cans of any cream soup, mushroom, chicken, onion, celery & etc. I like 1 mushroom & 1 chicken

Instructions:

Boil & bone chicken or use 2 canned chicken shredding or slightly whip chicken in food processor. Wrap pieces in middle of crescent roll. Place in greased pan.

Combine soup & broth and then pour over rolls, I warm this a wee bit. Put a pat of butter on each roll. Bake till rolls are brown-don't undercook @350 for about 1/2 hr. I find if the chicken is broken up enough whipping might not be needed. Enjoy!

Chicken Tortilla Bake
(from Taste of Home '98 Cookbook)

Ingredients:

2 cups shredded cooked chicken
(flavor w/mexican spices like fajitas for an extra zing)
1-2 small jars dices green chilies (we 1 sm jar for a my weak tummy!)
1 cup chicken broth
1 can condensed cream of mushroom soup (undiluted)
1 can condensed cream of chicken soup (undiluted)
1 small onion, finely chopped
12 corn tortillas (we use 8 flour ones)
2 cups (8oz) shredded cheddar or taco flavored cheese
black or green olives (optional)

Instructions:

In a bowl, combine the chicken, chilies, broth, soups and onion; set aside. Warm tortillas to package directions. Layer half of the tortillas on the bottom of a greased 9x13 casserole dish. Top with half of the chicken mixture and half of the cheese. Repeat layers. Bake, uncovered at 350 for 30 minutes. Put portion in whipper and whip until desired consistency is met. Heat in microwave and get stuffed! Yields 6-8 servings. Serve with taco chips or corn muffins. Don't forget dessert!

Andy's Seafood Tortilla Bake

This is similar to the chicken tortilla bake but is a seafood lover's delight!

Ingredients:

1 can baby shrimp
1/2 bag* of frozen scallops
1/2 package imitation crab pieces
1 can cream of mushroom soup
1 can cream of shrimp soup
1 tbs clam juice
1-2 cans dices green chilies
8 tortillas shells
2 cups shredded cheddar cheese
1 onion diced
* add more seafood for a meatier dish

Instructions:

Follow the same as above for Chicken Tortilla Bake. Serve with garlic & cheese bread. Leave room for dessert

RAVIOLI BAKE

Ingredients:

$\frac{1}{2}$ bag or so of Frozen cheese or meat ravioli
1-2 jars spaghetti sauce (depending how much you're making) $\frac{1}{2}$
-1 package shredded cheese (I like 4 cheese or pizza cheese)
frozen meatballs (optional) squash or zucchini - cut in circle
slices (optional) Minced spinach (optional)

Instructions:

Spray a 9x13 pan and put a puddle of spaghetti sauce spread out in the bottom of the pan. Start the layering of ravioli, shredded cheese, sauce, meatballs and vegetable of your choice if desired. Making sure that the meatballs get covered with sauce (as they can dry out if not covered with sauce). Do try to leave about $\frac{1}{2}$ cup sauce for your whipped portion after its done. Top with a sprinkling of the shredded cheese or parmesan cheese. Place pan on cookie sheet (to prevent "overflow") and bake for 45-60 minutes at 350. Serve with garlic toast. We've shared this simple yet yummy recipe with many how can't believe how easy it is to put together!

Note: Many people don't think to add squash or spinach to this dish but its much like a quick 'n easy lasagna. Depending what's in season, you can put fresh veggies right in this dish (without some picky eaters not knowing!) and get the benefit of them in one dish.

SOUP & SANDWICHES

Remember eating sandwiches with your soup was a pretty filling lunch? Well, I've found a way that brings back the possibility of that old stand-by meal still working with a little twist....

An old faithful

Grilled Cheese Sandwich & Tomato Soup

Did you ever dunk your sandwich in your soup and savor the flavor? Well, try this!

Ingredients:

Tomato Soup (or your favorite...mushroom, chicken noodle, etc.)
2 Slices of your favorite Bread (be creative and try a new one!)
1-2 Slices Cheese (try "mix 'n match" for a real taste treat!)
butter thinly sliced tomato (optional)

Instructions:

Prepare soup according to directions. Heat pan for sandwich. Spread butter on bread and put sandwich together (adding slices of tomato too, if desired) Cut off

crust (as the crust can be too crunchy when grilled) Grill sandwich until golden brown. Cut sandwich into small squares, like croutons. Put croutons in your bowl of soup and bring all the flavors together. This is a nice lunch and warms you up well!

HINT: To make a grilled cheese sandwich even heartier.... Prepare cheese sandwich. Before grilling it dunk it in a whipped egg (like you do with french toast). This gives the sandwich a great taste and is even more filling! (It's a bit messy to dunk the sandwich in the egg, but its well worth it!)

HINT: If you want to incorporate meat in your grilled cheese, like a grilled ham & cheese, ask the deli to slice your meat paper thin. You might find that meat sliced very thin will work without whipping!

PINWHEELS

This is a very soft and yummy treat.... No need to whip!

INGREDIENTS:

8-10 large flour tortilla shells

INSIDE MIX:

8 oz sour cream

8 oz cream cheese, softened

1 jar diced green chilis 1

jar black olives diced

$\frac{1}{2}$ - $\frac{3}{4}$ cup minced onions

8 oz shredded mexican/taco cheese

INSTRUCTIONS:

In a large mixing bowl combine INSIDE MIX ingredients. Lay out shells on countertop and divide mix evenly between shells spreading out mix covering entire shell. Then carefully roll shell up trying not to wrap too tightly so mix leaks out. Wrap each roll-up individually in plastic wrap. Refrigerate over night. Just before serving, cut "circles" of roll-ups and arrange on platter. Serve with salsa and enjoy!

SPINACH BALLS

INGREDIENTS:

1 pkg chopped spinach cooked and drained
1 cup dried bread crumbs
1 egg beaten
1 small onion minced
1 tsp garlic powder
 $\frac{1}{4}$ cup melted butter
 $\frac{1}{4}$ cup parmesan cheese

INSTRUCTIONS:

Combine all ingredients. Chill mixture approximately 30 minutes. Roll into small balls and place on a greased cookie sheet. Bake at 325 for 20-25 minutes. Serve plain or with your favorite white sauce or creamed soup.

MEXICAN CORNBREAD

INGREDIENTS:

2 boxes Jiffy Cornbread Mix
1 16oz can creamed corn
1 can/jar diced green chilis
1 $\frac{1}{2}$ cup or so of shredded cheddar cheese

INSTRUCTIONS:

Mix cornbread according to box with milk & eggs. Add rest of above ingredients and mix well. Oil 9x13 pan and pour mix in. Bake 25-30 minutes at temp of muffin box recommendation.

FEASTIVE CHICKEN

INGREDIENTS:

4 strips of bacon

2 chicken breasts (thighs work well too!)

MARINADE:

$\frac{1}{2}$ cup soy sauce

$\frac{1}{4}$ cup sugar

2 cloves garlic

1 $\frac{1}{2}$ tsp ginger

1/8 tsp paprika

2-3 shakes of hot pepper sauce (tabasco works)

INSTRUCTIONS:

Wrap bacon around chicken using toothpicks to secure them. Prepare marinade in bowl. Place prepared chicken in marinade in refrigerator turning every couple of hours. (I use a large ziplock baggie to do this so all you do is flip the bag over, but keep this in a pan/dish just to make sure it doesn't leak.) Keep in marinade overnight. Preheat oven to 325. Drain off and save marinade and place in pan to bake for approximately 1 hour or until done. Baste chicken with remaining marinade throughout the baking process.

HINT: Because of the soy sauce & sugar the pan gets quite blackened so what I do is line the pan with aluminum foil which makes clean up much easier.

TURTLE CAKE **for the sweet tooth!**

INGREDIENTS:

German chocolate cake mix
 $\frac{1}{2}$ cup melted butter
 $\frac{1}{3}$ cup evaporated milk (Pet milk)
1 pkg caramels
6 oz chocolate chips
1 cup finely chopped nuts (optional)

DIRECTIONS:

Preheat oven to 350. Prepare cake mix according to directions on box. Pour half the batter in a greased, flour 9x13. Bake for 7-10 minutes. Melt in bowl caramel, butter, evaporated milk. Pour this over the baked cake. Sprinkle in chocolate chips over caramel mixture. Pour remaining batter over the top. Return to oven and bake for 12-15 minutes until done. Serve with a dab of whipped cream if desired.

POPPY SEED CAKE

INGREDIENTS: CAKE:

1 yellow cake mix
1 small pkg coconut cream instant pudding mix
4 eggs
 $\frac{1}{2}$ cup oil
1 cup hot water
 $\frac{1}{4}$ cup poppy seeds

OPTIONAL TOPPING:

powdered sugar
cream cheese frosting

INSTRUCTIONS:

Combine all above cake ingredients and place in a greased and lightly floured bundt pan. Bake at 300 degrees for 50 minutes or until golden brown. Cool 15 minutes and invert on a plate. Sprinkle with powdered sugar or serve with cream cheese frosting if desired.

ACKNOWLEDGEMENTS

I would like to thank the many people who have encouraged and inspired me to keep a positive and healthful outlook on my nutritional needs along with making my meals as fun and flavorful as possible. Without the help of family, friends, dietitians, and caregivers, it would have been difficult to do. In the early days of whipping foods, we did a lot of experimenting to make it work for me. Because every jaw limitation and/or swallowing ability is different, you'll have to experiment to make it right for you. Granted it'll take a bit of patience and time to see what works best, hang in there! Once you acquire the ability to whip foods, you'll be surprised on how flavorful and enjoyable each meal can (and should) be.

I would also like to extend my encouragement for anyone with jaw limitations to experiment with some of my suggestions. I know how difficult it was to say "good-bye" to some of my favorite foods when my jaws became involved in 1986, but now because of the "whipper" I can say "hello" to many old (and new) favorite foods!!

After you get a chance to do some of your own experimenting, I'd love to hear from you... maybe you'd have more suggestions for me!!!

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