

—PUREE— FLAVOR POWER! POW!

WHO DOESN'T LOVE MASHED POTATOES?

Probably anyone who has been on a pureed diet for at least a week. Here are 27 magical ways to give your plate of mashed potatoes a new makeover. Whether your pureed days are numbered or long-term, you can make it all more tolerable and interesting with these flavor combinations. Mix them in or pour them on top. The ideas are endless- get creative! Do check in with your Speech-Language Pathologist to see which options are safe for you.

Boursin cheese



Horseradish + chives



Hummus



Sweet chili sauce



Curry simmer sauce



Salad dressings



Enchilada sauce



Green chili sauce



Pizza sauce



27 WAYS

TO GET CREATIVE WITH MASHED POTATOES

Sour cream



Ricotta



Pickle juice



Applesauce + nutmeg



Lemon juice + herbes de provence



Pureed olives or tapenade



Pureed salsa



Pesto



Smoked gouda + scallions



Miso paste



Cream cheese



Pureed guacamole



Wasabi



Taco seasoning



Brown sugar, cinnamon, + whipped cream



Stir fry sauce



Cheese dip



BBQ sauce

