

RECIPES – SOAKING SOLUTION

BISCUIT

4 LEVEL 4/PUREED **5** LEVEL 5/MINCED & MOIST **6** LEVEL 6/SOFT & BITE SIZED

Bread, cakes and biscuits are high risk foods for individuals with dysphagia. Using Resource® Thicken up™ Clear as a soaking solution can overcome this problem by smoothing the texture of these foods.

Ingredients:

Plain biscuits – such as a rich tea biscuit (no nuts, chocolate chips or dried fruit allowed)

100ml milk or juice

1 scoop of Resource® Thicken up™ Clear



Instructions:

1. Place 1 scoop of Resource® Thicken up™ Clear into a clean, dry glass
2. Add the milk or juice and stir with a spoon until completely dissolved
3. Place the biscuit into the solution for 1 minute then remove and place on a small side plate
4. Place in the refrigerator for 2 hours until soft

See the Nestlé Health Science website for more recipes and information:

www.nestlehealthscience.co.uk/dysphagia
