Allina Health
COURAGE KENNY
REHABILITATION
INSTITUTE

Recipes To Thicken Liquids

Hot Liquids

- Stir 1 teaspoon cornstarch into 1 cup water for mildly thick liquids. Heat it and the mixture will thicken to the texture of gravy.

  — Add instant coffee, tea or cocoa mix.

- If you are making hot, milk-based liquid, stir 1 teaspoon baby rice cereal or plain, unflavored gelatin into 1 cup water.

Juice

- Mix about 1 cup of soft fruit (such as banana, peach or pear) with about ¼ cup of juice in a blender. Blend to the thickness of mildly thick. Add more fruit for moderately thick consistency.

- Blend about 1 cup of applesauce with ¼ cup juice. Blend to the thickness of mildly thick. For the thickness of moderately thick, blend 1 ½ to 2 cups applesauce to ¼ cup juice.

- Blend about 1 cup of fresh fruit and about ¼ cup juice with 2 cups vanilla yogurt or tofu in a blender. Blend to the thickness of mildly thick.

Most tomato juice, apricot nectar, drinkable yogurts and smoothies don't need extra thickeners to be mildly thick. Check the consistency before drinking.

Milk

- Add baby rice cereal or instant potato flakes to milk, or Carnation® Instant Essentials® to milk. Mix to the thickness of mildly thick or moderately thick.

- Add instant pudding to milk. Mix to the thickness of mildly thick or moderately thick.

Buttermilk and eggnog don't need extra thickeners to be mildly thick.

Soups

- Take noodles, barley or vegetables from soup and blend together. Return mixture to soup. Blend to the thickness of mildly thick.

- You can soak crackers in soups to thicken.

- Add cornstarch to cold broth soups before heating. It will thicken as you heat it. Mix to the thickness of mildly thick or moderately thick.

Canned creamed soups can be mildly thick by reducing the amount of water you add.

Cold Cereal

- Use plain yogurt instead of milk.

- Add drained canned fruit for sweetener.

Whom To Call With Questions

Talk with your speech-language pathologist if you have any questions.

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