

Puréed Foods: Lentil Desserts¹

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A puréed diet may be recommended for individuals with swallowing problems. It is a diet that requires foods to be blended or processed to a smooth, pudding-like texture. However, providing adequate protein, fiber, vitamins, and minerals to those consuming a puréed diet may be challenging. Lentils are good sources of protein, fiber, potassium and other nutrients, and are also very easy to purée. A great-tasting way of increasing nutrient intake in those individuals requiring a puréed diet is to serve delicious, nutrient-dense, puréed lentil desserts. An added bonus is that these recipes freeze and thaw very well.

Puréed lentils are easy to prepare. Simply simmer/boil lentils (1 cup dry with at least 2 cups of water) for 20 or so minutes until very soft. Drain any remaining water. To purée, use a hand or immersion blender immediately following cooking. Alternatively, once the lentils have cooled, a food processor can be used to purée the cooked lentils to a smooth consistency—ready to use in recipes. This publication highlights some tasty and nutritious recipes for lentil-based puréed desserts.

For general information on how to prepare puréed foods, see: <http://edis.ifas.ufl.edu/pdffiles/FS/FS20500.pdf>

Note: tsp = teaspoon; tbsp = tablespoon

Lentil Strawberry Gingersnap Cheesecake Purée

Filling

1 package Jell-O® No Bake Real Cheesecake “Step 2: Filling Mix”

1½ cups low-fat milk

Blend milk and filling mix together for 3 minutes on medium speed with an electric mixer. Refrigerate for 2 hours. Scoop the set cheesecake filling into food processor and add:

1½ cups puréed red split lentils

½ cup softened cream cheese

Process until well-blended and smooth.

Gingersnap Base

1 cup gingersnap cookies (powdered)

½ cup milk

Using a food processor, process gingersnap cookies to a fine powder. Combine gingersnap cookie powder and milk. Allow to stand for a few minutes, then add more milk if necessary to achieve a pudding-like texture. Makes about 1 cup of the base. Alternatively, the base can be made with

1. This document is FSHN17-11, one of a series of the Food Science and Human Nutrition Department, UF/IFAS Extension. Original publication date March 2018. Visit the EDIS website at <http://edis.ifas.ufl.edu>.

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the graham cracker crumb crust included in cheesecake package (see directions in recipe below).

Topping

1 cup strawberry topping (from package) or frozen strawberries (thawed)

Purée strawberries using a hand-held blender. Add sufficient commercial starch thickener to achieve a “pudding-like” consistency if too runny. Stir and let set for 5 minutes.

Makes

About 5 cups of filling, 1 cup of base, and 1 cup of topping. Individual servings should be approximately ½ cup filling, 2 tbsp of base, and 1 tbsp of topping.



Figure 1. Lentil strawberry gingersnap cheesecake purée.
Credits: UF/IFAS

Classic Cherry Lentil Cheesecake

Puree

Filling

1 package Jell-O® No Bake Real Cheesecake Dessert, “Step 2: Filling Mix”

1½ cups low-fat milk

Blend milk and filling mix together for 3 minutes on medium speed with an electric mixer. Refrigerate for 2 hours. Scoop the set cheesecake filling into food processor and add:

1½ cups puréed red split lentils

½ cup softened cream cheese

Puree Crust

1 cup graham crumb crust (from Jell-O® No Bake Real Cheesecake Dessert package)

½ cup + 2 tbsp water

Combine graham crumbs with water. Let stand 2 minutes. Purée using a hand-held blender.

Topping

1 cup cherry pie filling

Purée using a hand-held blender or food processor.

Layer: graham base, filling (as prepared above), and puréed cherry pie filling

Makes

Approximately 5 cups of filling, 1 cup of crust, and 1 cup of cherry topping. Individual servings should be approximately ½ cup filling, 2 tbsp of base, and 2 tbsp of topping.

Chocolate Lentil Pudding Purée

¼ cup butter

¼ cup sugar

1 square semisweet chocolate (optional)

2 tbsp cocoa

1 tbsp cornstarch

2 cups puréed red lentils

2 cups low-fat milk

1 package Jell-O® Chocolate Cook & Serve Pudding & Pie Filling, 3.9oz

In a saucepan, combine butter, sugar, and semisweet chocolate. Melt over medium heat. Combine cocoa and cornstarch. Add to melted butter mix. Add puréed lentils, milk, and pudding mix. Cook until mixture reaches a boil. Whisk constantly. Reduce heat and cook for 1 minute. Remove from heat. Cool slightly. Portion into serving dishes.

Makes

Approximately 4½ cups of pudding, or 9½ cup servings.

Optional Topping: Caramel Pecan Sauce

For each dessert, combine:

1 tbsp Smuckers® caramel syrup

1 tsp finely ground pecans

Commercial starch thickener, if needed

Lentil Pistachio Pudding Purée

1 package Jell-O® Instant Pistachio Pudding & Pie Filling (3.9 oz)

1 tbsp cornstarch

⅛ cup butter

2 tbsp sugar

1 cup puréed red split lentils

2¼ cups low-fat milk

Take pudding mix and put through a sieve to remove nuts. Add cornstarch to dry mix and set aside. In a saucepan, combine butter and sugar. Cook over medium heat until melted. Add lentil purée, milk, and pudding dry ingredients. Cook until product boils, stirring/whisking constantly. Add additional milk if too thick. Reduce heat and cook for 1 minute. Portion into serving dishes.

Makes

Approximately 7½ cup servings.

Puréed Lentil Vanilla Pudding

¼ cup butter

¼ cup sugar

2 cups puréed red lentils

3 cups low-fat milk

1 package Jell-O® Vanilla Cook & Serve Pudding & Pie Filling, 3.9oz

1 tbsp cornstarch

1 tsp vanilla

In a saucepan, combine butter and sugar. Cook over medium heat until melted. Add lentil purée, milk, pudding mix, and cornstarch. Heat to a boil, stirring/whisking constantly. Reduce heat and cook for 1 minute. Remove from heat and stir in vanilla. Portion into serving dishes. Chill. Spread topping (see below) on chilled pudding.

Suggested Toppings

Puréed blueberry pie filling; puréed canned apricots

Makes

Approximately 11½ cup servings. Freezes well.

Lentil Pumpkin Purée

¼ cup butter

¼ cup sugar

2 cups puréed red lentils

1 cup pumpkin pie filling

2 cups low-fat milk

1 package Jell-O Vanilla Cook & Serve Pudding & Pie Filling (3.9 oz)

1 tbsp cornstarch

1 tsp pumpkin pie spice

½ tsp cinnamon

¼ tsp ground ginger

⅛ tsp ground cloves

2 drops red food coloring (optional to enhance appearance)

8 drops yellow food coloring (optional to enhance appearance)

In a medium saucepan, melt together butter and sugar. Add lentil purée, pumpkin, and milk. Combine pudding mix, cornstarch, pumpkin spice, ginger, and cloves and add to pumpkin mixture. Cook over medium heat, stirring/whisking constantly, until mixture reaches a boil. Reduce heat and cook 1 minute. Remove mixture from heat and cool slightly. Stir in food coloring if desired. Portion into serving

dishes and chill. Top with whipped cream or whipped topping.

Makes

Approximately 10½ cup servings.

Banana Coconut Lentil Cream

¼ cup butter

¼ cup sugar

2 cups puréed red lentils

1 puréed ripe banana

2 cups low-fat milk

1 package Jell-O® Vanilla Cook & Serve Pudding and Pie Filling (3.9 oz)

1 tbsp cornstarch

1 tsp vanilla extract

½ tsp coconut extract

In a saucepan, combine butter and sugar. Cook over medium heat until melted. Add puréed lentils, puréed banana, milk, pudding mix, and cornstarch. Heat to a boil, stirring/whisking constantly. Reduce heat and cook for 1 minute. Remove from heat and stir in vanilla and coconut extract. Portion into serving dishes and chill.

Suggested Serving

Pair with graham cracker crust and/or whipped cream.

Makes

Approximately 11½ cup servings.

Lentil Piña Colada Purée

½ cup canned coconut cream

¾ cup crushed pineapple, drained and puréed

½ cup pineapple juice

½ cup half & half

½ cup puréed red lentils

2 tbsp light corn syrup

2 tbsp white sugar

6 drops coconut extract (optional)

Commercial starch thickener for dysphagia

In a blender, combine coconut cream, pineapple, pineapple juice, cream, milk, lentil purée, syrup, sugar, and coconut extract. Set blender on purée mode. Purée. Transfer to saucepan. Cook over medium heat until product reaches boiling point. Remove from heat and cool. Mix in commercial starch thickener to achieve optimal consistency. Chill.

Makes

Approximately 5½ cup servings.



Figure 2. Lentil piña colada purée.
Credits: UF/IFAS