



Simply Soft Food: 200 Delicious and Nutritious Recipes for People with Chewing Difficulty or Who Simply Enjoy Soft Food (Paperback)

By Kristine K Benishek Mls

Createspace Independent Publishing Platform, 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Do you need to eat soft foods? Do you feel limited by what you can eat? Simply Soft Food is written for everyone who cannot eat hard, crunchy or chewy foods due to a wide variety of reasons, such as those with TMJ disorder, the elderly who have lost teeth or chewing strength, people who wear dentures or orthodontic braces, cancer patients, and a wide variety of other reasons that make eating difficult. This cookbook will allow everyone who is restricted to a diet of tender, easy-to-chew foods to fully enjoy a variety of delicious, satisfying foods without feeling limited by what they can eat. These are easy to make, simple, home-cooking style recipes that can be enjoyed by all, regardless of age or whether or not they have chewing problems. Simply Soft Food includes 60 main dishes, 20 soft sandwiches, 40 side dishes, over 20 breakfast meals plus quick breads, soups and desserts to give you the pleasure of a good meal.



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Reviews

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