

# Recipes for taste and smell changes

For patients with cancer

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## What can I expect from these recipes?

- These recipes use strong flavours (like ginger), acidic foods (like lemon juice), or spicy ingredients (like cayenne pepper) to wake up your taste buds. This is helpful if food tastes bland. Add more of each spice if you have trouble tasting the flavour in these recipes.
- These recipes are soft and easy to swallow if you have a sore throat or mouth.
- These recipes use meatless protein foods (like lentil and tofu) if meat tastes metallic.
- Smoothie and soup recipes need little or no chewing so you can quickly swallow them if food tastes bad.



Acidic and spicy ingredients can make symptoms worse if you have mouth sores.

Recipes that do not use acidic and spicy ingredients are labelled  **Safe for mouth sores.**

Recipes that can be easily adjusted to not use acidic or spicy ingredients are labeled  **Can be made safe for mouth sores.**

## Smoothies

Smoothies are an easy way to try new flavours. Use a straw or cup with a lid if the smell bothers you. Try these recipes or create your own nutritious smoothie using the [smoothies and shakes](#) resource.

### Mango lime

Can be made safe for mouth sores

Makes 1 cup (250 ml) - 214 calories, 9 g protein

#### Blend together:

- $\frac{3}{4}$  cup (175 ml) plain yogurt
- $\frac{1}{2}$  cup (125 ml) frozen mango
- 1 Tbsp. (15 ml) lime juice
- 1 Tbsp. (15 ml) honey

#### Tip:

- To make this recipe safe for mouth sores, do not use lime juice.

### Banana milkshake

Safe for mouth sores

Makes 1 cup (250 ml) - 326 calories, 11 g protein

#### Blend together:

- $\frac{3}{4}$  cup (175 ml) chocolate milk or chocolate soy milk
- 1 frozen banana
- 1 Tbsp. (15 ml) peanut butter

#### Tip:

- For a vanilla milkshake, use plain milk and add 1 tsp. (5 ml) of vanilla extract.

### Orange berry cream

Makes 1  $\frac{1}{4}$  cups (310 ml) - 232 calories, 11 g protein

#### Blend together:

- $\frac{1}{2}$  cup (125 ml) orange juice
- $\frac{1}{2}$  cup (125 ml) frozen berries
- $\frac{1}{2}$  cup (125 ml) vanilla Greek yogurt

### Salted chocolate and coffee

Can be made safe for mouth sores

Makes 1 cup (250 ml) - 204 calories, 11 g protein

#### Blend together:

- $\frac{3}{4}$  cup (175 ml) cold strong coffee
- 1 frozen banana
- 1 Tbsp. (15 ml) cocoa powder
- pinch of salt
- $\frac{1}{4}$  cup (60 ml) skim milk powder

#### Tips:

- To make this recipe safe for mouth sores, do not use salt.
- Add skim milk powder at the end of blending to prevent foaming.
- For a sweeter smoothie, leave out the salt and add 1 Tbsp. (15 ml) maple syrup or honey.
- Try a pinch of cinnamon to change the flavour.

### Avocado ginger

Can be made safe for mouth sores

Makes 1  $\frac{1}{4}$  cup (310 ml) - 326 calories, 8 g protein

#### Blend together:

- $\frac{3}{4}$  cup (175 ml) milk or soy milk
- $\frac{1}{2}$  apple, peeled and cored
- $\frac{1}{2}$  cup (125 ml) frozen avocado
- 2 tsp. (10 ml) fresh ginger, grated
- 1 Tbsp. (15 ml) maple syrup or honey

#### Tips:

- To make this recipe safe for mouth sores, do not use ginger.
- Peel and store fresh ginger root in the freezer. Grate from frozen when adding it to recipes.

## Soups

Soups are another easy way to try new flavours. If the smell bothers you, drink your soup from a mug with a lid. For extra protein, stir in flavourless protein powder to any of these soups after cooking.

### Ginger soy mushroom soup

Can be made safe for mouth sores

Makes 5  $\frac{3}{4}$  cups (1425 ml)

1 cup (250 ml) has 94 calories, 6 g protein

#### Ingredients:

- 2 Tbsp. (30 ml) sesame oil
- 1 Tbsp. (15 ml) fresh ginger, grated
- 2 cloves garlic, finely chopped
- 2 cups (500 ml) mushrooms, sliced
- 4 cups (1000 ml) low-salt vegetable broth
- 1 medium carrot, peeled and thinly sliced
- 2 Tbsp. (30 ml) soy sauce
- 1 cup (250 ml) snow peas
- 1 package (350 g) firm or extra-firm tofu, cubed
- 1 green onion, thinly sliced

#### Directions:

1. In a large pot, cook ginger, garlic, and mushrooms in sesame oil over medium heat until soft (about 5 minutes).
2. Add broth and carrots.
3. Bring soup to a boil.
4. Turn heat to low and simmer, uncovered, for 15 minutes.
5. Stir in soy sauce, snow peas, and tofu. Cook until snow peas are soft but still bright green and tofu is warmed through (about 2 minutes).
6. Stir in green onion.

#### Tips:

- To make this recipe safe for mouth sores, do not use ginger.
- For more calories, use extra sesame oil.
- For more protein, whisk 4 eggs in a small bowl. At the end of cooking, slowly pour the eggs into the simmering broth and gently stir until the eggs are cooked.

## Lemon lentil soup

Makes 6 ¼ cups (1560 ml)

1 cup (250 ml) has 163 calories, 7 g protein

### Ingredients:

- 2 Tbsp. (30 ml) oil
- 1 medium onion, chopped
- 3 cloves garlic, finely chopped
- 1 medium carrot, peeled and chopped
- 4 cups (1000 ml) low-sodium vegetable broth
- 1 can (19 oz. or 500 ml) lentils, drained and rinsed
- 1 can (12 oz. or 350 ml) corn, drained
- 2 tsp. (10 ml) ground cumin
- 1 tsp. (5 ml) curry powder
- pinch of cayenne pepper
- ¼ cup (60 ml) lemon juice
- salt and pepper

### Directions:

1. In a large pot, cook onion and garlic in oil over medium heat until soft (about 3 minutes).
2. Stir in carrot, broth, lentils, corn, cumin, curry powder, and cayenne pepper.
3. Bring to a boil.
4. Turn heat to low, cover, and simmer until carrots are soft (about 15 minutes).
5. Use a food processor, blender, or hand blender to puree soup until smooth.
6. Add lemon juice.
7. Season with salt and pepper.

### Tip:

- If you like a chunky soup, skip step 5.

## Curried split pea soup

Can be made safe for mouth sores

Makes 5  $\frac{3}{4}$  cups (1425 ml)

1 cup (250 ml) has 250 calories, 13 g protein

### Ingredients:

- 2 Tbsp. (30 ml) oil
- 1 medium onion, chopped
- 2 cloves garlic, finely chopped
- 1 Tbsp. (15 ml) curry powder
- 1  $\frac{1}{2}$  cups (375 ml) dried split peas, rinsed
- 5 cups (1250 ml) vegetable broth

### Directions:

1. In a large pot, cook onion and garlic in oil over medium heat until soft (about 3 minutes).
2. Add curry powder, peas, and broth.
3. Bring to a boil.
4. Turn heat to low, cover, and simmer until peas are soft (50 minutes).
5. Use a food processor, blender, or hand blender to puree soup until smooth.
6. Season with salt and pepper.

### Tips:

- To make this recipe safe for mouth sores, so not use curry powder.
- Add diced carrots and celery at step 2 if you want vegetables in your soup.
- If you like a chunky soup, skip step 5.

## Side dishes

### Nutty rice

Makes 2 cups (500 ml)

½ cup (125 ml) has 219 calories, 5 g protein

#### Ingredients:

- 1 Tbsp. (15 ml) butter or margarine
- ¼ cup (60 ml) onion, chopped
- 1 clove garlic, finely chopped
- ¼ tsp. (1 ml) cumin
- ¼ tsp. (1 ml) turmeric
- ¼ tsp. (1 ml) ground cinnamon
- ½ cup (125 ml) uncooked rice
- 1 cup (250 ml) low-sodium vegetable broth
- ⅓ cup (75 ml) dried fruit (like currants, raisins, or chopped apricots)
- ¼ cup (60 ml) almonds, sliced or chopped

#### Directions:

1. In a medium pot, cook onions and garlic in butter over medium heat until soft (about 3 minutes).
2. Add cumin, turmeric, and cinnamon and cook for 1 minute.
3. Add rice and cook for 3 minutes. Stir occasionally.
4. Add broth to rice.
5. Bring to a boil.
6. Turn heat to low and cover. Cook until water is absorbed and rice is soft.
7. Take pot off heat. Add dried fruit. Cover and let stand for 10 minutes to soften fruit.
8. Add almonds. Fluff rice with fork.

## Lemon roasted potatoes

Makes 4 servings

1 serving has 163 calories, 3 g protein

### Ingredients:

- 4 yellow potatoes, peeled and cut into thick wedges
- 2 Tbsp. (30 ml) olive oil
- 3 Tbsp. (45 ml) lemon juice
- 2 garlic cloves, finely chopped
- 1 tsp. (5 ml) salt
- ¼ tsp. (1 ml) pepper
- 2 tsp. (10 ml) oregano
- 1 cup (250 ml) chicken broth

### Directions:

1. Preheat oven to 400°F.
2. Put potato wedges in a large bowl. Add olive oil, lemon juice, garlic, salt, pepper, and oregano. Toss to coat.
3. Line a baking sheet with tinfoil or parchment paper. Spread potato wedges in a single layer on baking sheet.
4. Pour broth over potatoes.
5. Roast potatoes until soft and golden brown (about 1 hour).

### Tip:

- To add more calories and flavour, sprinkle with feta cheese and sliced olives before eating.



## Mango salsa

Makes 1 cup (250 ml)

¼ cup (60 ml) has 28 calories, 0 g protein

**Mix all ingredients together and chill in fridge for at least 1 hour:**

- 1 cup (250 ml) mango, chopped
- 2 Tbsp. (30 ml) red onion, finely chopped
- 12 fresh mint leaves, finely sliced
- 1 Tbsp. (15 ml) lime juice

### Tips:

- Enjoy salsa as a snack with corn chips or use it to add flavour to meat and fish.
- This can be made with frozen mango. Thaw mango on low in the microwave or overnight in the fridge before using.

## Easy cheese sauce

Safe for mouth sores

Makes 1 ¼ cups (310 ml)

¼ cup (60 ml) has 200 calories, 9 g protein

### Ingredients:

- 2 Tbsp. (30 ml) butter or margarine
- 2 Tbsp. (30 ml) flour
- 1 cup (250 ml) 3.25% milk
- 1 ½ cup (375 ml) sharp cheddar cheese (or cheese of your choice), shredded
- salt and pepper

### Directions:

1. In a medium pot melt butter over medium heat.
2. Whisk in flour until smooth. Cook for 2 minutes.
3. Slowly add milk, whisking constantly until combined.
4. Cook until mixture thickens (about 5 minutes). Stir constantly.
5. Add cheddar cheese. Stir until cheese is melted.
6. Season with salt and pepper.

### Tip:

- Use this sauce to add extra calories and protein to your meals and snacks. Eat with vegetables, pasta, or meat. Try it as a dip for bread.

## Roasted sweet potato and apple mash

Can be made safe for mouth sores

Makes 1 ½ cups (375 ml)

½ cup (125 ml) has 165 calories, 2 g protein

### Ingredients:

- 2 medium sweet potatoes, peeled and cubed
- 1 apple, peeled, cored and cubed
- ½ onion, chopped
- 1 Tbsp. (15 ml) butter, melted
- 1 Tbsp. (15 ml) maple syrup
- 1 Tbsp. (15 ml) lemon juice
- 2 tsp. (10 ml) fresh thyme, chopped (or 1 tsp. (5 ml) dried thyme)
- 2 tsp. (10 ml) salt
- ½ tsp. (2 ml) pepper

### Directions:

1. Preheat oven to 375°F.
2. Put all ingredients in an 8 inch x 8 inch baking dish. Mix to coat sweet potatoes in butter and spices.
3. Bake until sweet potatoes are soft (about 45 to 50 minutes). Stir occasionally.
4. In a food processor or blender, puree until smooth.

### Tips:

- To make this recipe safe for mouth sores, do not use lemon.
- To add extra protein, top with grated cheddar cheese or stir in flavourless protein powder.
- If this dish is too sweet, leave out the maple syrup and add more lemon juice.
- Skip pureeing. Enjoy as a roasted side dish.

## Main dishes

### Black bean shakshuka

Makes 6 servings

1 serving has 316 calories, 17 g protein

#### Ingredients:

- 2 Tbsp. (30 ml) oil
- 1 large onion, chopped
- 1 red bell pepper, chopped
- 3 garlic cloves, finely chopped
- 1 tsp. (5 ml) ground cumin
- 1 tsp. (5 ml) paprika
- pinch of cayenne pepper (optional)
- 1 tsp. (5 ml) salt
- ¼ tsp. (1 ml) pepper
- 1 can (19 oz. or 500 ml) black beans
- 1 can (28 oz. or 800 ml) crushed tomatoes
- 6 large eggs
- ½ cup (125 ml) crumbled feta

#### Directions:

1. In a large frying pan, cook onion and bell pepper in oil over medium heat until soft (about 3 minutes).
2. Add garlic, cumin, paprika, cayenne pepper, salt, and pepper. Stir and cook for 1 minute.
3. Add tomatoes and black beans.
4. Bring to a boil.
5. Turn heat to low. Simmer uncovered until tomatoes have thickened (about 10 minutes).
6. Using a spoon, make 6 holes in the tomatoes. Crack an egg into each hole.
7. Cover pan with a lid or tin foil. Cook until egg whites are solid but yolks are still runny (about 7 minutes).
8. Top with feta.

## Tofu stir fry

Makes 4 servings

1 serving has 343 calories, 20 g protein

### Ingredients:

- 1 Tbsp. (15 ml) soy sauce
- 2 Tbsp. (30 ml) water
- 2 Tbsp. (30 ml) fresh ginger, grated
- 2 Tbsp. (30 ml) brown sugar
- 1 tsp. (5 ml) cornstarch
- 2 Tbsp. (30 ml) sesame oil
- 1 block (350 g) firm or extra-firm tofu, cubed
- 3 cups (750 ml) chopped vegetables (like green beans, broccoli, red pepper, carrots, or onions)
- 4 cups (1000 ml) cooked rice

### Instructions:

1. In a small bowl, whisk together soy sauce, water, ginger, brown sugar, and cornstarch.
2. In a large pan, heat 1 Tbsp. of sesame oil over medium heat.
3. Add tofu and cook until golden on most sides (about 10 minutes). Stir occasionally.
4. Turn heat up to medium-high.
5. Add 1 Tbsp. sesame oil and vegetables to the pan. Cook until vegetable are tender but still crisp on the inside (about 7 minutes). Stir occasionally.
6. Add soy sauce mixture. Stir to coat. Cook until sauce thickens (about 1 minute).
7. Eat with cooked rice.

### Tip:

- Use frozen mixed vegetables instead of fresh. Add frozen vegetables directly to the pan, you do not need to defrost them.

## Curried chickpea and avocado salad

Makes 3 servings

1 serving has 480 calories, 15 g protein

### Ingredients:

- 1 ½ tsp. (7 ml) curry powder
- ½ tsp. (2 ml) ground turmeric
- ½ tsp. (2 ml) garlic powder
- ¼ cup (60 ml) mayonnaise
- 1 can (19 oz. or 500 ml) chickpeas, rinsed and drained
- ¼ cup (60 ml) red onion, finely chopped
- ¼ cup (60 ml) fresh cilantro or parsley, chopped
- 1 avocado, chopped
- 1 Tbsp. (15 ml) lemon juice
- salt and pepper

### Directions:

1. In a small bowl mix, curry powder, turmeric, garlic powder, and mayonnaise.
2. In a medium bowl, use a fork to mash the chickpeas until broken apart (but not pureed).
3. Stir in onion, cilantro, avocado, lemon juice, and mayonnaise mixture.
4. Season with salt and pepper.

### Tip:

- Eat this mixture by itself, add it to a leafy green salad, or spread it on bread to make a sandwich.

## Desserts

### Rice pudding

Safe for mouth sores

Makes 3 cups (750 ml)

½ cup (125 ml) has 255 calories, 5 g protein

#### Ingredients:

- 2 cups (500 ml) cooked white rice
- 2 cups (500 ml) 3.25% milk
- ⅓ cup (75 ml) sugar
- 1 egg, beaten
- ½ cup (125 ml) raisins
- 1 Tbsp. (15 ml) butter
- 1 tsp. (2 ml) vanilla extract
- 1 tsp. (5 ml) ground cinnamon
- pinch of salt

#### Directions:

1. Add rice, 1 ½ (375 ml) milk and sugar to a medium pot. Cook over medium heat until thick and creamy (about 15 to 20 minutes). Stir often.
2. In a small bowl, whisk together ½ cup (125 ml) milk and the egg.
3. Stir egg mixture and raisins into rice. Cook for another 2 minutes, stirring constantly.
4. Remove from heat and stir in butter, vanilla, cinnamon, and salt.
5. Eat hot or cold.

#### Tips:

- For extra protein, stir in protein powder or skim milk powder after cooking.
- For extra calories, use cream instead of milk and extra butter.

## Berry crisp

Makes 8 servings

1 serving has 360 calories, 3 g protein

### Ingredients:

#### Topping

- 1 cup (250 ml) rolled oats
- ½ cup (125 ml) cup flour
- ½ cup (125 ml) brown sugar
- 1 tsp. (5 ml) ground cinnamon
- ¼ tsp. (1 ml) nutmeg
- pinch of salt
- ½ cup (125 ml) unsalted butter, softened

#### Filling

- 4 ½ cups (1125 ml) frozen berries (like raspberries, blueberries, and blackberries)
- ¼ cup (60 ml) flour
- ¼ cup (60 ml) white sugar
- pinch of salt
- 2 tsp. (10 ml) lemon juice
- 1 tsp. (5 ml) vanilla extract

### Directions:

- Preheat oven to 350°F.
- To make topping:
  - In a medium bowl, mix oats, ½ cup flour, brown sugar, cinnamon, nutmeg, and salt.
  - Add in butter and mix with fingers until crumbly. Set aside.
- To make filling:
  - In a large bowl, mix berries, ¼ cup flour, white sugar, salt, lemon juice, and vanilla.
- Pour filling into an 8 inch x 8 inch baking dish. Spread topping over the berries.
- Bake until the topping is golden brown and the berries are bubbling around the edges (about 40 to 45 minutes).
- Remove from oven and allow to cool for 15 minutes before eating.

### Tip:

- Eat with vanilla Greek yogurt for more protein and calories.

## **Creamy jelly**

Safe for mouth sores

Makes 2 cups (500 ml)

½ cup (125 ml) has 124 calories, 6 g protein

### **Ingredients:**

- 1 package (85 g) flavoured gelatin powder (Jell-O®)
- 1 cup (250 ml) boiling water
- 1 cup (250 ml) plain Greek yogurt

### **Directions:**

1. Dissolve gelatin powder in boiling water.
2. Whisk in plain Greek yogurt until smooth.
3. Chill in fridge until firm (about 4 hours or overnight).

### **Tips:**

- Experiment with different flavours of gelatin, like lemon, lime, or raspberry.
- Make with 1 cup (250 ml) evaporated milk instead of yogurt for a thinner texture.

If you are a patient at the Odette Cancer Centre and you would like more nutrition information, please visit Patient & Family Support, TG 230 (T-wing, ground floor), call 416-480-4623, or visit [sunnybrook.ca/cancernutrition](https://www.sunnybrook.ca/cancernutrition)