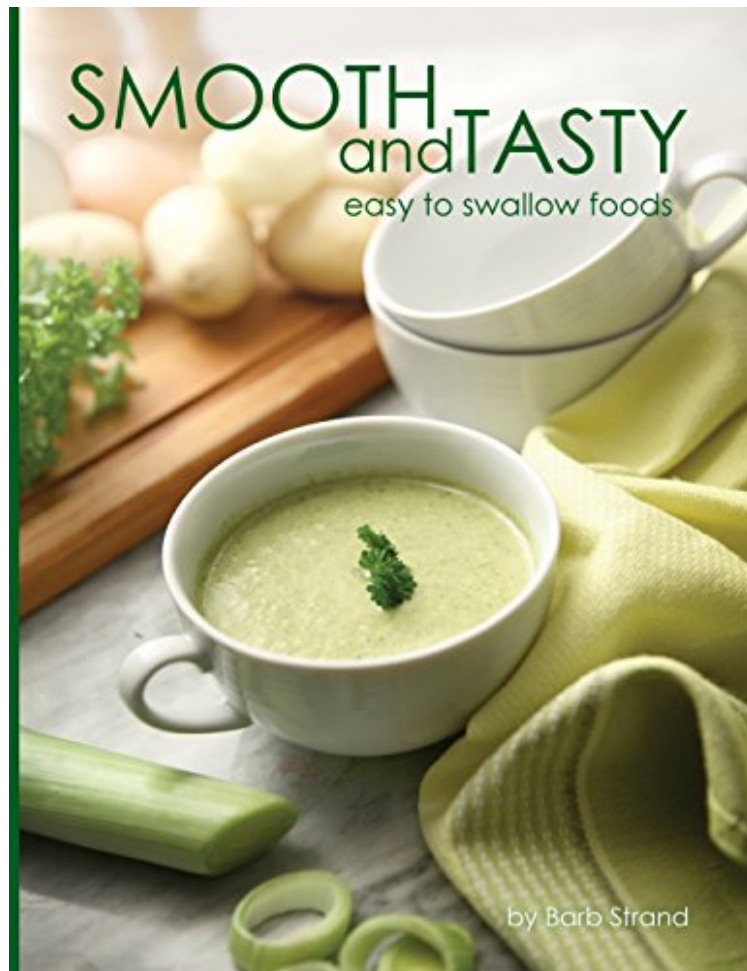


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Smooth and Tasty: Easy to swallow foods

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1 of 1 people found the following review helpful. Cookbook is a lifesaverBy Greg S RodgersI purchased two - one for a friend's mother that was losing weight due to aging. She found multiple recipes she liked, gained 17 pounds over an 11 month timeframe. Her doctor said that her weight gain extended her life by one year. The other friend for mouth sores resulting from chemo. She had grown tired of ensure and these recipes hit the spot and helped her retain weight

We want to share the lessons we have learned while creating high calorie, nutrient-dense, and easy-to swallow foods. Whether you are dealing with cancer, stroke, dysphagia, teeth problems or have lost weight for any reason, this

cookbook will make your life a little easier and your food tastier.