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# Braces Friendly Recipe Book

Soft & Delicious Meals for  
Your Orthodontic Journey



11412 Bee Cave Rd Suite 300,  
Austin, TX 78738  
beecaveortho.com  
512-334-0444  
info@beecaveortho.com

## Soft & Delicious Meals for Your Orthodontic Journey

Congratulations on beginning your journey to a beautiful smile. Adjusting to braces can take time, and choosing the right foods is essential to avoid discomfort and protect your brackets and wires. This recipe book is filled with soft, nutritious, and delicious meals to make eating with braces easy and enjoyable. Let's make this journey as smooth—and tasty—as possible!

- \* Avoid crunchy, sticky, or chewy foods that can damage braces.
- \* Drink plenty of water and maintain good oral hygiene.
- \* Soft foods can still be delicious and nutritious!

Enjoy your journey to a perfect smile with these tasty, braces-friendly recipes!

# Braces Friendly Recipe Book



Dr. Da Silveira  
Bee Cave Orthodontics

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Breakfast

# 1. Creamy Banana Oatmeal



A warm, comforting breakfast that's easy to eat and packed with fiber.

## *Ingredients:*

- \* 1/2 cup rolled oats
- \* 1 cup milk or water
- \* 1 ripe banana, mashed
- \* 1/2 teaspoon cinnamon
- \* 1 teaspoon honey (optional)

## *Instructions:*

1. In a small pot, bring the milk or water to a simmer.
2. Add oats and stir continuously for 5 minutes.
3. Mix in mashed banana and cinnamon, then remove from heat.
4. Drizzle with honey if desired and serve warm.

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Breakfast

## 2. Scrambled Eggs with Avocado



Soft and protein-rich to start the day.

*Ingredients:*

- \* 2 eggs
- \* 1 tablespoon milk
- \* 1/4 avocado, mashed
- \* Salt and pepper to taste

*Instructions:*

1. Whisk eggs with milk and a pinch of salt.
2. Cook on low heat, stirring constantly, until fluffy.
3. Serve topped with mashed avocado.

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Lunch

# 3. Creamy Tomato Soup with Soft Bread



A cozy, braces-friendly meal that's easy to sip and dunk.

*Ingredients:*

- \* 1 can tomato soup or homemade tomato soup
- \* 1/2 cup heavy cream or milk
- \* Soft bread for dipping

*Instructions:*

1. Heat tomato soup on the stove, stirring in cream for extra richness.
2. Serve warm with soft bread on the side.

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Lunch

## 4. Tuna Salad Wrap (Soft Tortilla)



A nutritious lunch that's easy to chew.

### *Ingredients:*

- \* 1 can tuna, drained
- \* 2 tablespoons mayonnaise
- \* 1/2 teaspoon mustard
- \* Soft flour tortilla
- \* Lettuce (optional)

### *Instructions:*

1. Mix tuna, mayo, and mustard in a bowl.
2. Spread onto a soft tortilla, add lettuce if desired, and roll up.

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Dinner

# 5. Mashed Sweet Potatoes with Cinnamon Butter



A delicious, nutrient-rich side dish.

*Ingredients:*

- \* 2 sweet potatoes, peeled and cubed
- \* 2 tablespoons butter
- \* 1 teaspoon cinnamon
- \* 1 teaspoon brown sugar (optional)

*Instructions:*

1. Boil sweet potatoes until soft, then drain.
2. Mash with butter, cinnamon, and sugar.
3. Serve warm as a comforting side.

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Dinner

# 6. Soft Baked Salmon with Steamed Vegetables



A healthy, protein-packed meal.

## *Ingredients:*

- \* 1 salmon fillet
- \* 1 teaspoon olive oil
- \* Lemon juice
- \* Salt and pepper
- \* Soft steamed vegetables (carrots, zucchini, . or spinach)

## *Instructions:*

1. Preheat oven to 375°F. Place salmon on a baking sheet, drizzle with olive oil and lemon juice, . and season.
2. Bake for 15 minutes or until flaky.
3. Serve with steamed vegetables.

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Dinner

# 7. Soft Chicken and Rice Casserole



A comforting, easy-to-chew meal.

Ingredients:

- \* 1 cup cooked rice
- \* 1/2 cup shredded chicken
- \* 1/4 cup cream of chicken soup
- \* 1/4 cup shredded cheese

Instructions:

1. Preheat oven to 375°F.
2. Mix all ingredients together.
3. Pour into a baking dish and bake for 15 minutes.
4. Serve warm.

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Dinner

# 8. Creamy Mac & Cheese



A braces-friendly twist on a favorite comfort food.

*Ingredients:*

- \* 1 cup elbow macaroni, cooked soft
- \* 1/2 cup shredded cheese
- \* 1/4 cup milk
- \* 1 tablespoon butter

*Instructions:*

1. Mix hot macaroni with cheese, milk, and butter until creamy.
2. Serve warm and enjoy.

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## 9. Yogurt & Berry Smoothie



A cool, refreshing, and braces-safe snack.

### *Ingredients:*

- \* 1/2 cup Greek yogurt
- \* 1/2 cup milk
- \* 1/2 cup soft berries (strawberries, blueberries, or raspberries)
- \* 1 teaspoon honey (optional)

### *Instructions:*

1. Blend all ingredients until smooth.
2. Pour into a glass and enjoy.

# 10. Applesauce with Cinnamon



A naturally sweet treat that's easy to eat.

*Ingredients:*

- \* 1 cup unsweetened applesauce
- \* 1/2 teaspoon cinnamon

*Instructions:*

1. Mix cinnamon into applesauce and enjoy chilled.

# 11. Cheesy Mashed Cauliflower



A creamy, savory alternative to mashed potatoes.

*Ingredients:*

- \* 1 head cauliflower, chopped
- \* 1/4 cup heavy cream
- \* 1/2 cup shredded cheddar cheese
- \* Salt and pepper to taste

*Instructions:*

1. Steam cauliflower until soft.
2. Mash with heavy cream, cheese, salt, and pepper.
3. Serve warm..

# 12. Soft Pumpkin Muffins



A delicious, seasonal treat that's easy to eat.

*Ingredients:*

- \* 1 cup pumpkin puree
- \* 1/2 cup sugar
- \* 1 cup flour
- \* 1/2 teaspoon cinnamon
- \* 1 teaspoon baking powder

*Instructions:*

1. Preheat oven to 350°F. Mix ingredients . . . until smooth.
2. Pour into muffin tins and bake for 20 minutes.
3. Let cool before enjoying.



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