



FOOD OIT PREPARATION

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Taste Aversion

Impacts ability to achieve stated Goal

Dosing becomes very unpleasant

Stress and anxiety increase

Can become a prolonged scene

Higher failure rate

Taste Aversion Tips

Chocolate

Rollos

chocolate milk

“chocolate fudge” mix together coconut oil, peanut butter, cocoa powder, and maple syrup

add mint essential oil

Mint

mint gum

mint chocolate chip ice cream

Altoids

Tic tacs

Taste Aversion Tips

Cold put peanuts in freezer - they do not get too hard to chew
 hold ice in mouth just before eating
 and hold nose while eating

Shakes protein shake with banana, spinach, chocolate protein powder
 and mint extract
 add peanut powder when blending
 has to be a good 6-8 ounces

Smoothies

fruit smoothies

Naked Juices

Taste Aversion Tips

- Divvies ice cream cookie sandwiches
 put nuts in the middle
- Brownies with crumbled nut
 with PB2
- Add flavors Orange syrup
 Cinnamon
- Into spicy foods curry, tacos, guacamole, salsa, blend into chili on chili
 cheese, hot dogs, pizza cheese dip

Taste Aversion Tips

Stir the dose into dairy-free pudding. Snack Pack Lemon Pudding, Mango Pudding, and Dragon Treasure Pudding flavors are milk-free.

Stir into oatmeal.

Mix dose into orange juice or mango nectar. Thick juices will hold the flours better.

Mix dose into drinkable yogurt or kefir.

Pull a big marshmallow apart into 2 pieces, sprinkle dose in the center, and re-stick the top piece back on. Dandies vegan marshmallows.

Mix dose into the filling of a Double Stuf Oreo. Remove filling, mix dose into filling, rebuild Oreo.

Taste Aversion Tips

Mix dose with fruits that have seeds. Strawberry and raspberry seeds will help to mask the texture.

Mix dose into whipped cream.

Muffin or cupcake. Portion out batter for each muffin, then stir in 1 dose per muffin before baking.

Cookie.

Brownies.

Cook dose into pancakes. Mix dose into individual portions of pancake mix, cook.

Cook dose into waffles. Mix dose into batter for 1 waffle.

Taste Aversion Tips

Mix dose into maple syrup to top pancakes or waffles.

Cook dose into crepes.

Cook dose into omelets.

Incorporate into chocolate. Melt chocolate, add dose, let harden in fridge.

Add the dose flour under the cheese of a cooked pizza. Just peel up the cheese and sprinkle inside.

Mix dose with refried beans and serve as a dip or spread on a tortilla.

Add dose into a cheese quesadilla.

Add dose into a cheeseburger.

Taste Aversion Tips

Add dose into a burrito.

Add dose into spaghetti sauce.

Add dose into the middle of a sandwich.

Chips and dip. Mix the dose into to the dip (salsa, hummus, guacamole, etc.).

Mix the dose into salad dressing. Eat with chips or veggie sticks.

Mix dose into ketchup or BBQ sauce. Eat with tater tots or French fries.

Mix dose into mashed potatoes.

Add dose to Oatmeal Date Balls. In a food processor, blend 6 pitted medjool dates and 1/3 cup old fashioned oats into a thick batter. Roll batter into balls while mixing in 1 dose per ball. Refrigerate.



THANK YOU

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