

Fancy Anti-Inflammatory & Dysphagia-Friendly Recipes

Golden Turmeric Carrot & Coconut Velouté

Serves: 4

Prep Time: 15 min

Cook Time: 25 min

Ingredients:

- 2 Tbsp olive oil (or avocado oil)
- 1 medium onion, diced
- 3 cloves garlic, minced
- 1 Tbsp fresh ginger, peeled and grated
- 1 tsp ground turmeric (or 1 Tbsp fresh grated turmeric root)
- 6 large carrots, peeled and sliced thinly
- 3 cups low-sodium vegetable broth
- 1 can (14 oz) coconut milk (full-fat)
- Juice of ½ orange (optional)
- ½ tsp ground black pepper
- ½ tsp cinnamon (optional)
- Salt to taste
- Fresh herbs for garnish

Instructions:

- In a large saucepan over medium heat, warm the olive oil. Add onion and sauté until softened (~5 min).
- Add garlic, ginger, and turmeric; cook for another 1 min until fragrant.
- Add carrots and broth. Bring to a boil, then reduce heat and simmer 15–20 min until carrots are very soft.
- Stir in coconut milk, orange juice (if using), pepper, and cinnamon.
- Blend until completely smooth with an immersion or countertop blender. Strain if needed for dysphagia safety.
- Taste and add salt as needed. Adjust thickness with extra broth or coconut milk.
- Serve in warmed bowls, garnish with herb oil or coconut milk drizzle, and finely minced herbs.

Chai-Spiced Almond Milk Panna Cotta

Serves: 4–6

Prep Time: 10 min

Chill Time: 4+ hours

Ingredients:

- 2 cups unsweetened almond milk (or cashew milk)
- 1 cup coconut milk (full-fat)

- 3 Tbsp honey or maple syrup
- 2 tsp pure vanilla extract
- 1 cinnamon stick
- 4 whole cloves
- 4 cardamom pods, gently crushed
- 1 slice fresh ginger (~¼ inch thick)
- 2 tsp loose-leaf chai tea or 2 chai tea bags
- 2 tsp powdered gelatin (or agar agar for vegan option)
- 3 Tbsp cool water

Instructions:

- In a saucepan, combine almond milk, coconut milk, cinnamon stick, cloves, cardamom, ginger, and chai tea.
- Warm over medium heat until steaming but not boiling. Remove from heat and steep 5–10 min.
- Strain out spices and tea. Return smooth liquid to saucepan.
- Stir in honey/maple syrup and vanilla. Keep warm over low heat.
- Bloom gelatin: sprinkle over 3 Tbsp cool water and let sit 5 min.
- Stir bloomed gelatin into warm milk mixture until dissolved (for agar agar, simmer with milk for 2–3 min).
- Pour into ramekins or glasses. Cool to room temp, refrigerate 4+ hours until set.
- Serve in glass or unmold, garnish with honey drizzle, cinnamon, or edible flowers.