



# *Tasty Treats*

Recipes for Ostomates



Coloplast





This booklet is full of tasty treats that anyone can enjoy! Importantly however, it has been written by ostomates for ostomates and has been reviewed by local Stomal Therapy Nurses. Although delicious, these recipes should not replace a balanced diet.

#### Additional dietary advice from local Stomal Therapy Nurses

- For new ostomates, omit high fibre foods initially after surgery because the bowel can be swollen and narrower than normal.
- Add high fibre foods in small amounts one at a time to monitor tolerance and determine those foods that are not tolerated.
- Chewing food well will also help to break down high fibre foods.
- Adequate fluids also promote elimination of faecal residue.
- Monitor responses to new foods.

# SAVOURY DISHES

## PENNE PASTA

This is a great recipe for all ostomates because it is low residue and easily digestible. It can be prepared quickly and also served cold. It is easy to reheat leftovers in the microwave for 3 minutes. You can also toss other salad greens into this dish. Looks colourful, smells wonderful and tastes great.

### Ingredients:

500 gms packed of penne ribbed pasta (or other short shapes like fafalle, vegetarian spirals)  
200 gms smoked salmon (packed or fresh)  
1 small tub of cherry tomatoes \*\*  
fresh basil  
salt  
1 tspn olive oil  
fresh cracked black pepper  
2 tblsp of light sour cream

### Method:

Add penne (or preferred short pasta) to pot of boiling water, add one teaspoon of olive oil.  
While pasta is cooking "al dente" snip the smoked salmon with scissors into small pieces, slice the cherry tomatoes in half, roughly cut or tear the fresh basil leaves.  
When pasta is cooked, drain under running water, return to pot over very low heat, stir through the smoked salmon, add light sour cream, cherry tomatoes and cracked pepper.  
When ready to serve, garnish with fresh basil.  
Serves 4-5

*Recipe by MW – NSW*

## CHICKEN SUPREME

A light, nutritious and satisfying meal. If more spice is required, a pinch of curry or mustard can be added.

### Ingredients:

1 kg cooked chicken cut into pieces (remove skin & bones)  
1 onion \*  
½ cup chopped celery  
½ cup rice  
100 gms butter  
1 small tin of chicken soup (not creamed)  
6 slices of bacon \*  
1 cup chicken stock  
1 small packed mixed vegetables \*\*

### Method:

Chop onion finely and cook with bacon in the butter.  
Cook rice and mixed vegetables.  
Put everything into a casserole dish, cover with chicken stock and soup.  
Cook in slow oven for ½ to ¾ of an hour.

*Recipe by MF – VIC*

## ZESTY ZUCCHINI SALAD

### Ingredients:

3 zucchini, finely chopped \*\*  
2 tomatoes, finely chopped \*\*  
1 small red onion, finely chopped \*  
1 tspn grated lime rind \*\*  
2 tblsp lime juice  
2 tblsp fresh coriander, chopped

### Method:

Place all ingredients in a bowl and mix together well.  
Serve on flavoured rice cakes.

*Recipe by BM – NSW*

## CHICKEN & VEGETABLE PATTIES

All ingredients are small, reducing the chance of blockages and are diabetes friendly.

### Ingredients:

400 gms minced chicken (raw)  
1 large carrot, peeled & grated finely  
3 potatoes, peeled & grated finely  
1 onion finely diced \*  
1 piece of pumpkin, grated (approx ½ cup)  
2 eggs beaten well  
1 tblsp parsley flakes  
pinch of chicken salt  
shake of pepper  
1 pkt of mushroom Cup a Soup Gravox

### Method:

Mix all ingredients together, (mixture is very moist).  
Shape mixture into patties.  
Cook slowly in a non-stick pan with cooking spray. Do not be tempted to turn too quickly, as they tend to break up.  
Cook on each side for 4-5 minutes, depending on their thickness.  
Serve hot with vegetables and gravy.

### Gravy:

1 packet mushroom Cup a Soup made to method, 2 tspn Gravox, and microwave for 90 seconds on high.  
Can be served cold with salad and sweet chilli sauce.

*Recipe by SM – WA*



\*Gas forming ingredients. If you like the taste of onions but find that they cause too much gas substitute one onion with ½ teaspoon Asafoetida Powder. (Available in spice shops and some supermarkets)

\*\*Not Low Residue

# SWEET DISHES

## MARbled BROWNIES

I obtained this recipe at a coeliac support meeting in Brisbane. It is delicious and is suitable for those oostomates who also have coeliac disease, as it is gluten free.

### Ingredients:

200 gms Toblerone bar, roughly chopped  
½ cup extra light olive oil  
1 cup brown sugar  
4 eggs  
½ cup gluten free self raising flour  
½ cup almond meal  
250 gms cream cheese  
¾ cup castor sugar

### Method:

Preheat oven to 170°C fan forced.  
Melt Toblerone in heat proof bowl over a saucepan of simmering water (make sure bowl doesn't touch water).  
Whisk oil, brown sugar, 3 eggs together then whisk in melted Toblerone.  
Add flour and almond meal, mix until just combined.  
Pour into a greased and lined 18 x 28 cm baking dish.  
Beat cream cheese until smooth.  
Beat in castor sugar and remaining egg.  
Spoon cheese mixture over chocolate mixture using a fork to swirl through.  
Bake for one hour or until set.  
Set aside for 10 minutes before turning out on a wire rack to cool completely.  
Dust with icing sugar to serve.

*Recipe by RE – QLD*

## FRENCH CHOCOLATE PIE

### Ingredients:

4 egg whites  
1 cup sugar  
¼ cup cocoa  
¼ tspn cream of tartar  
½ tspn vanilla essence  
¼ cup chopped walnuts \*\*

### Method:

Beat egg whites and cream of tartar until thick.  
Gradually add ½ cup of sugar then fold in remaining sugar, cocoa, walnuts and vanilla.  
Pour into 26 cm pie dish and bake at 170°C.  
Turn off oven heat and allow to cool in oven.  
Decorate with whipped cream.  
Flavour with ¼ cup icing sugar, ½ teaspoon cocoa & ¼ teaspoon instant coffee.  
  
Note: Pie is best filled the night before or early in the morning on day of serving.

*Recipe by EJ – VIC*

## CARROT CAKE

### Ingredients:

2 cups sugar  
2 cups self raising flour  
1½ cups oil  
½ tspn salt  
1 tspn cinnamon  
4 eggs  
3 cups carrot, grated \*\*  
1 cup pecan nuts (or walnuts) chopped \*\*

### Method:

Cream oil, sugar and eggs.  
Add vanilla essence and dry ingredients to mixture and mix well.  
Add carrot and nuts to mixture.  
Cook in a moderate oven (160 to 180°C).

## CREAM CHEESE FROSTING

### Ingredients:

60 gms cream cheese  
30 gms butter  
1½ cups soft icing mix  
1-2 tblsp milk  
1 tspn vanilla

### Method:

In a bowl beat cream cheese and butter until soft and creamy.  
Gradually beat in sifted soft icing mixture.  
Add enough milk to make spreading consistency.  
Flavour with vanilla.

*Recipe by ML – NSW*







## BANANA CAKE

### Ingredients:

400 gms margarine  
 ¾ cup sugar  
 2 eggs  
 3 ripe mashed bananas  
 1½ cups self raising flour  
 1 tspn of bi-carb soda  
 ¼ cup milk

### Method:

Prepare greased & floured cake pan.  
 Cream together margarine, sugar and eggs, beat well using electric beater on high setting.  
 Add bananas and beat on low setting.  
 Dissolve bi-carb soda in milk, add to mixture along with flour and beat well.  
 Bake at 180°C for 45-50 minutes

*Recipe by HS – NSW*

## STRAWBERRY CHEESE CAKE

Easy to make and tastes great.  
 Actually improves after a day or two in the fridge (if it last that long).  
 Can also substitute low fat products for basic ingredients.

### Ingredients:

2 sheets ready roll puff pasty, cooked for 10 minutes at 200°C (Cool)  
 1 cup caster sugar  
 ½ cup boiling water  
 1 tspn gelatine  
 1 tspn vanilla  
 250 gms Philadelphia cream cheese  
 1 punnet strawberries (halved) \*\*

### Method:

Cream butter by gradually adding castor sugar and half of the hot water. Beat well.  
 Dissolve gelatine and gradually add to the rest of the hot water.  
 Finely chop cream cheese and add to mixture along with vanilla.  
 Beat well.  
 Spread mixture over one sheet of pastry.  
 Lay strawberries on top and cover with other sheet of pastry.  
 Dust with icing sugar.  
 Chill.  
 Cut into slices with a serrated knife.

Note: If mixture is too runny, let it set in a bowl in the fridge before spreading onto the pastry.

*Recipe by LG – VIC*

## OLIEBOLLEN (FRUIT DOUGHNUTS)

Dutch recipe and a traditional new years eve treat.

### Ingredients:

2 cups plain flour  
 20 gms fresh yeast  
 2 ¼ cups luke warm milk  
 1 cup sultanas or currants \*\*  
 1 peeled and chopped apple  
 splash of lemon juice  
 pinch of salt

### Method:

Sift the flour and salt in a large bowl.  
 Cream the yeast with a little milk, pour into a hollow in the top of the flour.  
 Make a batter with the milk, add the apple, dried fruit and lemon juice.  
 Leave the mixture to rise under a damp cloth for about 1 hour.  
 To fry, dip 2 tblsp into the oil and use the lubricated spoons to carefully drop small balls of dough into a deep pan of hot oil.  
 After about 8 minutes the doughnuts will be crisp and brown.  
 Remove them from the pan, drain on kitchen paper and serve hot. (They are nice cold too).  
 Sprinkle with icing sugar.

Note: Can be made faster using self raising flour and adding an egg.

*Recipe by DR – VIC*









# Dietary Advice for Ostomates

## Coloplast Recommendations

### TO THICKEN FLOW TRY EATING MORE:

Banana	Cheese	Potatoes
Boiled Milk	Marshmallows	Rice Noodles
Boiled Rice	Noodles	Sago
Bread	Pasta	Tapioca



### TO SOFTEN FLOW TRY EATING MORE:

Beans	Leafy Veg's	Stone &
Beer	Liquorice	Melon Fruits
Cabbage	Prune Juice	Whole Grain
Caffeine	Spicy Foods	Products
Fluid		



### TO REDUCE ODOUR TRY EATING MORE:

Apples	Veg's	Yogurt / Live
Buttermilk	Parsley	Cultured
Green Leafy	Whole Foods	



### FOODS THAT MAY CAUSE GAS:

Beer	Cucumber	Peas
Broccoli	Legumes	Radishes
Cabbage	Melons	Soft Drinks
Cauliflower	Milk /	Spicy Foods
Chewing Gum	Milk Products	
Corn	Onion	



### FOODS THAT MAY CAUSE BLOCKAGE:

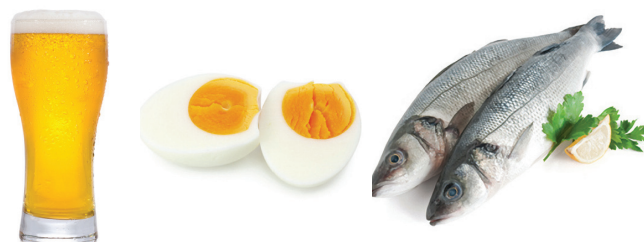
Bean Shoots	Mandarins	Seeds & Skin
Celery	Nuts	Stir Fry Veg's
Coconut	Oranges	Whole Grain
Corn	Pineapple	Foods
Fruit with	Popcorn	Zucchini Skin
Seeds	Tomato /	



\*For Ileostomates only - it is important to chew well!

### FOODS THAT MAY INCREASE ODOUR:

Asparagus	Certain Med's	Fish
Beans	Cheese	Onions
Beer	Coffee	
Cabbage	Eggs	



Please note: The information provided is to be used only as a guide and should not be relied upon as medical or dietary advice. Please consult your health care professional for further information.



The Coloplast story began back in 1954. Our company reflects the passion, ambition and commitment of the people who made it happen. Elise Sørensen, a nurse, invented the first disposable, self-adhesive ostomy pouch, because she was determined to help her sister out of isolation. Aage Louis-Hansen added his engineering ability and entrepreneurial drive, and through strong commitment and resilience he founded Coloplast.

Still today, people with intimate healthcare needs often live in isolation.

We are fighting to change that.