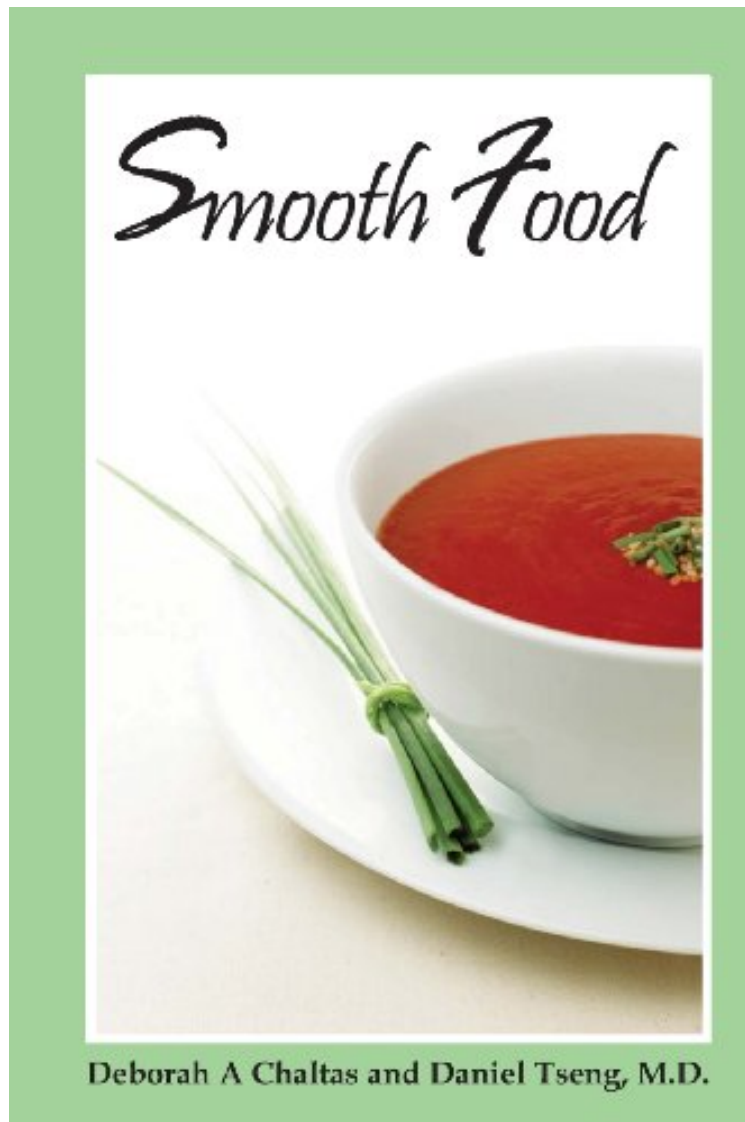


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Deborah A. Chaltas, Daniel Tseng : Smooth Food before purchasing it in order to gage whether or not it would be worth my time, and all praised Smooth Food:

0 of 0 people found the following review helpful. A good introduction!By DTThis wasn't exactly what I was looking for but it proved to be a worthwhile and interesting introduction to the subject. I was pleased that I had purchased this book.

Although these recipes started as a need to eat something homemade during recovery from a surgery, the recipes in

this book can be enjoyed by anyone who loves smoothies, juice, soup and dessert. The recipes are smooth, nutritional and delicious.

About the Author Deborah A Chaltas Deborah was born and raised in Detroit, Michigan, in a family of cooks from the South. As a child she loved watching and helping in the preparation of meals, and grew up to be a fine, creative cook in her own right. After having Nissen fundoplication surgery in 2007 and needing a smooth liquid diet, she began creating smooth dishes that were also tasty, varied and nutritious. She shared some of these with Dr. Tseng and they realized that these recipes would be helpful to other patients on similar diets; this book is the result. Daniel Tseng, M.D. Specialty: Advanced Laparoscopic Surgery Dr. Tseng is a general surgeon with special training in Advanced Laparoscopic Surgery. After residency at OHSU, he spent two additional years in advanced specialty training devoted solely to Laparoscopic Surgery. His interests are primarily in esophageal, general gastrointestinal and solid organ surgery. He is a member of the Society for American Gastrointestinal Endoscopic Surgeons and Society for the Surgery of the Alimentary Tract.