



## Smooth and Tasty: Easy to swallow foods

*Barb Strand*

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## **Smooth and Tasty: Easy to swallow foods** Barb Strand

We want to share the lessons we have learned while creating high calorie, nutrient-dense, and easy-to swallow foods. Whether you are dealing with cancer, stroke, dysphagia, teeth problems or have lost weight for any reason, this cookbook will make your life a little easier and your food tastier.

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