

The Colonoscopy Cookbook

Created by Dr Laura Bennett as a part of the study *The Colonoscopy Cookbook: analysis of the effect of a recipe resource on the quality of bowel preparation in colonoscopy*



This resource is to be used a guide only for the low residue diet pre-colonoscopy instructions. The creators accept no liability to the person/s using this information. Please follow the pre-operative instructions of your surgeon. **If you have any food allergies please do not utilise this resource.**

Current guidelines

Food and fluids permitted in the low residue diet

Milk (regular, low fat, skim), water, lemonade, soda or mineral water, clear (not coloured) sports drinks

White-coloured yoghurt (no added fruit or insulin), mayonnaise, cream, sour cream, butter and margarine, oil for cooking

Regular white bread/toast, popped rice cereal (e.g. Rice Bubbles), eggs

White rice, regular pasta, potatoes (peeled), rice noodles

Plain rice crackers, white flour, sugar

Chicken breast (no skin), white fish fillet (no skin)

Plain cream cheese, cheddar cheese, ricotta, feta, cottage, parmesan or mozzarella cheese, white sauce, white chocolate, vanilla ice cream, lemonade ice-block (e.g. 'Icy-pole'), clear jelly, custard, 'milk bottles' (white confectionery)

Anything not listed above

Foods not allowed in the white diet

Other white-coloured foods such as pears, parsnip, cauliflower, onion, high fibre white bread, tofu, coconut, porridge, banana, mushrooms, semolina, couscous, popcorn

Source: Butt et al (2016)

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Breakfasts

Poached Eggs on Wholemeal Toast with Butter

Ingredients

2 eggs

1 tblspn white vinegar

Wholemeal bread – sliced

Butter

Salt and pepper to taste

Method

1. Bring a large pot of water to a boil, then reduce to low (or turn off the heat).
2. Crack the eggs in a fine mesh sieve (over a small bowl) and remove the liquidy whites.
3. Transfer the eggs to a small ramekin or bowl.
4. Add one tablespoon of white vinegar to the pot and stir to create a vortex.
5. Pour the eggs into the middle of the vortex and set a timer for 3 minutes.
6. Once the eggs are done, use a slotted spoon to remove the poached egg.
7. Toast bread to taste and butter
8. Serve eggs on toast with salt and pepper to taste

Source: author's own

Ricotta Pancakes

Ingredients

1 cup ricotta cheese
1 cup plain flour
1/2 teaspoon baking powder
1 1/2 tablespoons sugar
1/4 teaspoon fine salt
3/4 cup milk
2 large eggs
1/2 teaspoon vanilla extract
Butter, for cooking

Method

1. If your ricotta seems to have a lot of liquid, set it in a fine mesh strainer to drain off excess liquid about 30 minutes before you start cooking. If your ricotta seems fairly dry and compact, you can skip this step.
2. Whisk together flour, baking powder, sugar, and salt in a small bowl. Combine ricotta, milk, eggs, and vanilla in a separate, larger mixing bowl. Add the dry ingredients to the ricotta and milk mixture, stirring gently until just combined.
3. Heat a pan over medium-high heat. Melt a small bit of butter in the pan, just enough to coat the surface. Use a 1/3-cup measure to pour batter onto the hot pan. Cook the pancakes for about 3 or 4 minutes, until the undersides are golden and you see a few bubbles popping through the pancakes. Flip the pancakes and cook another 2 to 3 minutes, until golden. Repeat with the remaining pancakes.
4. Serve the pancakes immediately, with ice cream, ripe banana and maple syrup

Adapted from: <https://www.thekitchn.com/recipe-fluffy-ricotta-pancakes-48085>

Stewed Apples with Yoghurt

Ingredients

Apples, peeled and cored
1 tspn cinnamon
White or Brown Sugar to taste
Water
Yoghurt to top

Method

1. Peel apples, cut into cubes
2. Place in saucepan with small amount water, sugar and cinnamon
3. Bring to boil, simmer until soft and liquid reduced. Add more water if needed.
4. Serve with yoghurt

Source: author's own

Lunches

Rice Crackers with Feta and Balsamic Glaze

Ingredients

Rice crackers

Feta

Balsamic glaze

Method

1. Crumble feta and sprinkle over rice crackers
2. Drizzle balsamic glaze over
3. Enjoy

Recipe: author's own

Turkey and Balsamic Glaze Sandwiches

Ingredients

Wholegrain bread

Sliced turkey

Balsamic glaze

Method

1. Compose sandwich with the ingredients
2. Enjoy

Recipe: author's own

Creamy Chicken Pasta

Ingredients

4 chicken breast fillets, boneless skinless
Salt and pepper, to season
1 tablespoon olive oil, divided
1 tspn garlic powder
1 tspn onion powder
1/3 cup dry white wine, (or chicken stock/broth)
1 litre chicken broth, (or stock)
375 ml can evaporated milk*
1/3 cup milk
Extra salt and pepper, to taste
10 ounces (300 g) uncooked penne pasta (just over 4 cups)
1 cup fresh grated parmesan cheese



Method

1. Season chicken breast with salt and pepper. Heat 2 teaspoons of oil in a large saucepan or pot over medium-high heat. Add the chicken thighs and sear on both sides until golden brown, cooked through and no longer pink. Remove and set aside.
2. Add the remaining oil to the pot. Fry the onion and garlic until the onion becomes transparent, stirring occasionally (about 2 minutes). Pour in the white wine and allow to simmer for 5 minutes, or until beginning to reduce down.
3. Add the broth, milks (or cream if using), salt and pepper, and bring to a gentle simmer. Add the pasta and simmer until pasta is al dente, about 15 minutes, while stirring occasionally.
4. Stir in the parmesan cheese until it melts through the sauce. Remove from heat and allow to sit for 5 minutes to allow the sauce to thicken. Slice the chicken into strips and stir through the pasta.
5. Garnish with extra parmesan, if desired

Adapted from: <https://cafedelites.com/one-pot-creamy-mushroom-chicken-pasta/>

Dinners

Cacio e Pepe (Cheese and Pepper) Pasta



Ingredients

400g spaghetti

320g pecorino romano, very finely grated, plus extra to serve

120g parmigiano reggiano, very finely grated, plus extra to serve

2 tsp freshly ground black pepper, plus extra to serve

Method

1. Place a large pot with 1½ litres of water over high heat, bring to the boil and salt lightly, add the pasta, stir well and cook for one minute less than the time indicated on the packet. Before draining, spoon 1 cup of the starchy, foamy water off the top and reserve.
2. Meanwhile, in a bowl large enough to mix all the pasta, combine the pecorino, parmigiano and black pepper.
3. Once the pasta is al dente and drained, add to the cheese mixture. Mix well, then gradually stir in some of the reserved cooking water, a tablespoon at a time, just until the cheese melts and the sauce coats the pasta. It should have the consistency of thick cream. You'll only need half to three-quarters of the reserved pasta water.
4. Divide the pasta between four bowls. Give an extra grind of black pepper and sprinkling of both cheeses. Serve immediately.

Adapted from: <https://www.goodfood.com.au/recipes/cacio-e-pepe-cheese-and-pepper-pasta-recipe-20180326-h0y04>

Gnocchi

Ingredients

2 baking potatoes, unpeeled
1 teaspoon salt
1 cup plain flour
1/4 teaspoon freshly ground black pepper
2 large eggs, lightly beaten
boiling water
3 tablespoons butter
1 tblspn garlic powder
¼ cup fresh Parmesan or Parmigiano-Reggiano or Grana Padano cheese, grated

Method

1. Place potatoes in a saucepan; cover with water. Bring to a boil over medium-high heat. Cook 40 minutes; drain. Cool; peel. Press potato flesh through a ricer. Spread potatoes on a baking sheet; sprinkle with salt. Cool.
2. Scoop potatoes into a large bowl. Weigh or lightly spoon flour into a dry measuring cup. Add flour, and toss. Form a well in centre. Add pepper and eggs; stir. Turn dough out onto a lightly floured surface. Gently knead just until dough comes together (about 1 minute).
3. Cut dough into 4 equal portions and roll each into a 56 centimetre-long rope. Cut each rope into 22 pieces. Score gnocchi with a fork. Drop gnocchi into a pot of boiling water, don't crowd the pot. Repeat with remaining gnocchi; drain.
4. Melt butter in a large skillet over medium heat. Add garlic powder; cook for 2 minutes or until butter browns. Discard garlic. Set aside half of butter mixture. Add half of gnocchi to pan; toss. Cook 1 minute or until browned. Repeat with remaining butter and gnocchi. Divide gnocchi evenly among 4 shallow bowls. Sprinkle with cheese.

Miso Carbonara



Ingredients

- 2 eggs, plus 1 extra egg yolk
- 2 tbsp miso paste
- 1 tbsp grated parmesan or parmigiano, plus more to serve
- 1 tsp cracked black pepper
- 400g spaghetti
- 1 tbsp olive oil

Method

1. In a large bowl, beat the eggs, extra yolk, miso paste, parmesan and black pepper until smooth.
2. Cook the pasta in a large pot of boiling, salted water until al dente.
3. Drain the pasta well, and place in a hot oiled pan, tossing vigorously until coated. Add the pasta to the egg and miso mixture immediately, tossing well so that the heat of the spaghetti cooks the egg into a creamy, cheesy, coating.
4. Serve in warm pasta bowls, scatter with grated parmesan and serve immediately.

Adapted from: <https://www.goodfood.com.au/recipes/miso-carbonara-20150708-3yxqv>

Sides

Creamy Potato Gratin

Ingredients

2 tsp butter
1kg desiree potatoes, peeled
250ml cream
400ml milk
freshly grated nutmeg
50g grated parmesan or gruyere
sea salt and black pepper

Method

1. Heat oven to 200C. Lightly grease base and sides of a shallow one-litre gratin dish with butter. Peel and finely slice potatoes.
2. Gently heat cream, milk and nutmeg in a saucepan until just under the boil. Add potatoes to hot milk mixture and simmer for 10 minutes, jiggling them every now and then to stop them sticking.
3. Use a slotted spoon to layer half the potatoes in the gratin dish, scatter with half the cheese, salt and pepper, then top with remaining potatoes.
4. Discard garlic and pour hot milk over the top. Scatter with remaining cheese, sea salt and pepper and bake, uncovered, for 30 to 40 minutes, until potatoes are cooked and gratin is bubbling and richly golden. If not, raise heat to 220C for another 10 minutes before serving.



Adapted from: <https://www.goodfood.com.au/recipes/creamy-potato-gratin-20120709-29tw6>

Sesame Oil Garlic Tofu

Ingredients

250g firm tofu
Some cooking oil

Seasoning sauce (mix these in a bowl)

2 Tbsp soy sauce
1 tsp raw sugar
Garlic powder
1/2 tsp sesame oil

Method

1. Take out the tofu from the packaging and drain off the water. Gently pat dry the outer layer of tofu with some kitchen paper. Cut the tofu into bite-sized pieces. (You can cut it into small cubes or cut into medium-sized rectangles, whichever you like). Gently pat dry both sides of the sliced tofu with some kitchen paper.
2. Preheat a (non-stick) frying pan on high heat and add some cooking oil and spread the oil across the pan. 3. Add the tofu and pan fry both sides until they turn golden brown (about 2 mins each side on high heat). Turn the heat off. 4. Stack the tofu in a shallow bowl. Pour the sauce around the tofu and green onion. Serve.



Adapted from: <https://mykoreankitchen.com/pan-fried-tofu-in-garlic-soy-sesame-sauce/>

Golden Tubetti with Tuna

Ingredients

500g tubetti or other short pasta
60g butter
5 cloves garlic, finely sliced
1 red onion, finely diced
Salt flakes
Freshly ground black pepper
1 1/2 tbsp curry powder
60g plain flour
800ml milk, warmed
100ml cream
90g parmesan, finely grated
2x185g cans tuna in oil, drained
2 handfuls breadcrumbs

Method

1. Preheat the oven to 180C fan-forced or 200C conventional.
2. Cook the pasta in plenty of salted, boiling, then drain.
3. While the pasta cooks, add the butter to a medium saucepan and melt over medium heat. Add the garlic and onion, season and cook for four or five minutes, or until softened but not coloured.
4. Add the curry powder and fry quickly. Add the flour and stir through to cook out a little. Pour in the warm milk, whisking as you do. Cook for about two minutes while whisking until the sauce has thickened and is lump-free.
5. Add the cream and half the cheese, whisk until combined and season. Tip into a large bowl with the tuna and the pasta. Stir through.
6. Tip the pasta mix into a ceramic baking dish, top with the rest of the cheese and the breadcrumbs and bake for 20-30 minutes or until golden.

Adapted from: <https://www.goodfood.com.au/recipes/golden-tubetti-with-cauliflower-and-tuna-20130827-2snud>

Desserts

Panna Cotta

Ingredients

1/4 cup (60 ml) cold water or milk
2 1/4 teaspoons (7 g/0.25 oz.) unflavored powdered gelatin
2 cups (480 ml) heavy cream
1/4 cup (50 g/1.8 oz.) granulated sugar
1/2 vanilla bean, split and seeded, or 1 teaspoon pure vanilla extract



Method

1. Place water in a small bowl and sprinkle gelatin over the surface in a single layer. Be sure not to pile it as that will prevent the crystals from dissolving properly. Let stand for 5-10 minutes to soften.
2. Meanwhile, in a medium saucepan, heat cream, sugar, vanilla pod, and vanilla seeds on medium heat and bring just to a boil until sugar dissolves. Remove from heat and discard vanilla bean. Stir in gelatin and immediately whisk until smooth and dissolved. If the gelatin hasn't fully dissolved, return the saucepan to the stove and heat gently over low heat. Stir constantly and don't let the mixture boil.
3. Pour cream into 4 individual serving dishes. Refrigerate for at least 2-4 hours, or until completely set.
4. If you like, top with berry sauce or lemon curd
5. Panna cotta can be covered with plastic wrap and refrigerated for up to 3 days.

Adapted from: <https://prettysimplesweet.com/panna-cotta/>

Crustless New York Cheesecake

Ingredients

3 cups (675g) cream cheese at room temperature
3/4 cups sugar
3/4 cups sour cream
4 eggs
1 tsp. vanilla OR 1 Tablespoon lemon zest

Instructions

1. Preheat oven to 160 degrees celsius
2. Wrap the outside of a 9 inch springform pan with heavy tinfoil to make it waterproof.
3. Thoroughly oil the entire interior of the pan with coconut oil or butter
4. In a stand mixer, beat the cream cheese. Add the sugar and mix.
5. Add sour cream, scrape down the bowl as needed, and mix thoroughly.
6. Crack the eggs and add in one at time, mixing after each addition.
7. Mix in the remaining ingredients and mix until smooth.
8. Pour the cheesecake batter into the pan and put the pan into a one/half inch water bath
9. Bake for 75 to 90 minutes until set and golden brown. The top should NOT jiggle a LOT when set. But it may move a LITTLE BIT. Turn off oven and crack the door slightly for 30 minutes . Then remove cake to counter and let cool until the cake is at room temperature. Remove the sides of your pan and continue to cool in the refrigerator until completely set. Several hours.

Adapted from: <https://www.homemadefoodjunkie.com/crustless-new-york-cheesecake/>

Crème caramel

Ingredients

1 1/4 cups caster sugar
300ml thickened cream
1 1/2 cups milk
1 teaspoon vanilla extract
6 eggs

Method

1. Preheat oven to 170°C/150°C fan-forced. Combine 3/4 cup sugar and 1 cup cold water in a saucepan over low heat. Cook, stirring, for 5 minutes or until sugar has dissolved. Increase heat to high. Bring to the boil. Boil, without stirring, for 5 to 7 minutes or until golden. Remove from heat. Set aside for 2 minutes to allow bubbles to subside. Pour sugar mixture into six 1 cup-capacity, ovenproof dishes. Set aside to set.
2. Combine cream, milk and vanilla in a saucepan over medium heat. Cook, stirring, for 6 to 8 minutes or until small bubbles form at edge of pan. Remove from heat.
3. Whisk eggs and remaining sugar in a bowl until pale and creamy. Slowly add cream mixture, whisking constantly. Strain mixture into a jug. Divide between dishes.
4. Place dishes in a large baking dish (see tip). Pour boiling water into baking dish until halfway up the sides of smaller dishes. Bake for 30 minutes or until just set. Remove baking dish from

oven. Remove dishes from water. Set aside to cool. Refrigerate overnight. Run a thin knife around edge of each dish. Turn out onto 1cm-deep plates. Serve

Broths

Chicken Broth with Rice Noodles

Ingredients

1 tspn ginger powder
1 1/2 teaspoons coriander seed powder
3 1/2 to 4 cups (840 ml to 1 l) chicken broth
2 cups (480 ml) water
180 to 225 g boneless, skinless chicken breast or thighs
About 1/2 teaspoon fine sea salt
150 g dried narrow flat rice noodles
2 to 3 teaspoons fish sauce
About 1/2 teaspoon organic sugar, or 1 teaspoon maple syrup (optional)
Pepper (optional)

Method

1. Toast the broth ingredients: In a 3- to 4-quart (3 to 4 l) pot, toast the coriander seed powder and clove over medium heat until fragrant, 1 to 2 minutes. Add the ginger powder. Stir for about 30 seconds, until aromatic.
2. Add the broth and bring to a simmer: Slide the pot off heat, wait 15 seconds or so to briefly cool, then pour in the broth.
3. Return the pot to the burner, then add the water, and salt. Bring to a boil over high heat, then lower the heat to gently simmer.
4. Remove the chicken from the broth once cooked: After 5 to 10 minutes of simmering, the chicken should be firm and cooked through (press on it and it should slightly yield).
5. Continue to simmer the broth without the chicken for another 15 to 20 minutes (for a total of 30 minutes simmering time).
6. Shred the chicken: Transfer the chicken to a bowl, flush with cold water to arrest the cooking, then drain. Let cool, then cut or shred into bite-size pieces. Cover loosely to prevent drying.
7. Soak the rice noodles in hot water until pliable and opaque. Drain, rinse, and set aside.
8. Strain the broth: When the broth is done, pour it through a fine-mesh strainer positioned over a 2-quart (2-liter) pot; line the strainer with muslin for superclear broth. Discard the solids. You should have about 4 cups.
9. Season with fish sauce and sugar (or maple syrup), if needed, to create a strong savory-sweet note.
10. Bring the strained broth to a boil over high heat. Put the noodles in a noodle strainer or mesh sieve and dunk in the hot broth to heat and soften, 5 to 60 seconds. Lift the noodles from the pot and divide between the 2 bowls

Lower the heat to keep the broth hot while you arrange the chicken on top of the noodles and garnish with a sprinkling of pepper. Taste and adjust the broth's saltiness one last time. Return the broth to a boil and ladle into the bowls. Enjoy with any extras, if you like.

Adapted from: https://www.simplyrecipes.com/recipes/quick_chicken_pho/

Slow Cooker Beef Bone Broth

Ingredients

3-4 lbs of mixed beef bones, oxtail, knuckles, neckbones and/or short ribs
2 medium carrots
3 celery stalks
2 medium onions
2 tablespoons apple cider vinegar
1 bay leaf
10-12 cups water

Instructions

Preheat your oven to 200°C.



1. Place the bones in a single layer on a baking sheet or roasting pan; roast for 60 minutes, flipping each bone over halfway through cooking time.
2. Meanwhile, roughly chop the vegetables (don't even bother peeling them) and place them, along with the bay leaf and apple cider vinegar into a 6 quart slow cooker. Add the bones as soon as they come out of the oven and then fill the pot completely with water.
3. Set the slow cooker on low, cover and cook for 18 to 36 hours, or until the broth has reached a beautiful brown colour and has filled the house with the most intoxicating aroma.
4. Carefully remove the larger pieces with a slotted spoon and place them in a strainer set over a large bowl to collect the excess broth. Then, strain the broth that's still in the crockpot through a fine meshed sieve, or through a strainer that's been lined with cheesecloth.
5. Transfer the bone broth into jars and refrigerate promptly. The fat will float to the surface and form a protective barrier that will prevent air from getting in contact with your broth.
6. Once the broth has fully cooled, you'll be able to remove some or all of that fat layer of fat that formed at the top, which you'll then be able to use for cooking.

Adapted from: <https://thehealthyfoodie.com/slow-cooker-beef-bone-broth/>