

SO TASTY

Recipes and tips for introducing solids in infants with cow's milk allergy



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DEAR PARENTS,



Introducing solids and transitioning to family meals can be a stressful time for all the family when a child has cow's milk allergy.

Your paediatrician has prescribed Neocate® because your child has been diagnosed with CMA. However, this is no cause for concern. You can introduce solids as normal, just as you would in any other child – just without cow's milk. This brochure is designed to support you in your daily decisions related to nutrition during all the important development phases of your child. In addition to basic dairy-free recipes for baby meals and other tasty recipe ideas using Neocate®,

which have been specially developed in collaboration with an experienced nutritionist, it also includes guidance on introducing new foods along with a range of tips regarding dairy-free nutrition in everyday life.

We wish you and your child all the best!

Your Neocate Team

A baby is lying in a bed, wearing a white diaper. The baby is partially covered by a white blanket and a pink crocheted blanket. The background is a soft, light-colored wall.

1

GROWING UP WITH COW'S MILK ALLERGY

Here at Nutricia, we want

your child to receive all the important nutrients at every phase of his or her development in the best way possible – even without cow's milk – so that he or she can grow up normally. For this reason, we have developed the step-by-step concept of Neocate® with products specifically adapted to your child's age. In this way, your child will receive all the important nutrients appropriate to his or her age while still being protected against allergic reactions.



NUTRITIONAL USE OF NEOCATE[®] IN COW'S MILK ALLERGY



Breast milk or baby food plays an important role in your child's diet, as it contains all the important nutrients required for growth and development.



The World Health Organisation (WHO) recommends that babies are breastfed, since breast milk is the best form of nutrition and provides babies with all the nutrients they need. For children with cow's milk allergy who are not being breastfed, paediatricians recommend a special formula such as Neocate®. All Neocate® products are completely free of cow's milk and therefore do not trigger allergic reactions. In addition, Neocate® contains all the vital nutrients your child needs to develop at his or her respective age.

**From birth onwards –
Neocate® Syneo and Neocate® Infant**

Neocate® Syneo and Neocate® Infant offer the ideal composition for children during their first year of life and can be used from birth onwards. Depending on the child's development, solid foods can be gradually introduced between the ages of 5 and 7 months. The solids must be free of milk in order for the child to develop without problems. Neocate® can replace conventional baby milk or cow's milk in your child's diet and can be added to other foods that are well tolerated.



From the age of one – Neocate® Junior

While your baby is getting used to a mixed diet, breast milk and/or infant formula or milk substitutes like Neocate® play a major role as a source of nutrients. But even after introducing solids and beyond the first year of life, milk remains an important supplier of nutrients. Children growing up on a dairy-free diet are exposed to the risk of malnutrition as a result of this restriction. Neocate® Junior provides nutrition that meets your child's needs and is the ideal solution to your child's increasing nutrient requirements beyond their first year of life.

To ensure that your child can develop in the right way for their age, Neocate® Junior contains larger quantities of important nutrients such as calcium, iron, vitamin D, phosphorus and zinc.



If a sufficient quantity of Neocate® is drunk, it is not necessary to add the supplement to solid foods as well. Ask your paediatrician for advice.

2

TRY SOMETHING NEW



It is important to be cautious when introducing baby food or solids into your child's diet.

Depending on the child's development, solid foods can be introduced between the ages of 5 and 7 months. Start with small quantities to find out whether your child has a good tolerance to the new food. You should ask your paediatrician for advice before starting to introduce solids.



The pushing movement your child develops with the tongue when first chewing food also encourages speech development.



FIVE RULES FOR INTRODUCING NEW FOODS

In children with food allergies, care should be taken when introducing highly allergenic foods such as eggs, fish and nuts. These should only be introduced following

consultation with your paediatrician. Due to its phytoestrogen content, soya should not be given to children under the age of 1.

1

Only introduce new foods one at a time – and only when your child is in good health.

This will help you to quickly determine whether your child has a good tolerance to the new food. Any allergic reactions and intolerances that develop can then be quickly traced back to the newly introduced food.

2

Start with foods that are most unlikely to cause an allergic reaction.

Ask your paediatrician or a nutritionist for advice. Carrots, potatoes, chicken or fruit are the foods usually used when introducing solids. Puréed cereal flakes mixed with Neocate® can also be introduced at the start.

3

Take a little time when it comes to introducing new foods.

Leave a gap of a few days before adding another new food to the diet. Discuss your approach with your paediatrician or a nutritionist.

4

At first, only give your child small quantities of the new food.

Start by trying bite-sized pieces. If your child does not develop any symptoms, gradually increase the quantity over a period of several days.

5

Continue to give your child the foods he or she can tolerate.

Always without milk, of course.

INTRODUCING SOLIDS IN THREE EASY STEPS

1 *Start gently*

If you are giving your child solid food for the first time, the right consistency is important. Smooth, pureed foods with a mild taste are the best way to start this transition. Neocate® does not need to be mixed into all meals. During the first year, Neocate® is used for bottle-feeding and for preparing milk mash. Later, when the child is transitioning to family meals, Neocate® can also be eaten out of a cup, e.g. with bread-based meals, as

a muesli or even as a fruit shake during the afternoon. If necessary, Neocate® can also be added to standard foods on the advice of your doctor/nutritionist if your child is having acceptance problems, is not eating enough and/or is failing to thrive.

2 *Lumps and chunks*

Once your child is accustomed to a smooth consistency, you can start experimenting with foods that have a slightly coarser texture.

- Mash, grate or dice the food.
- Let your child feed themselves, regardless of the mess they make.
- Make sure, like before, that you are still giving your child the prescribed quantity of Neocate® every day as a substitute for milk-based meals.

- Never leave your child alone when eating. In any case, it's more fun to try out new things together!



*Continue using Neocate®
as a milk substitute*



Explore eating with the hands

3 Finger food

Ready-made foods such as rusks, biscuits and bread frequently contain hidden cow's milk protein and are therefore not suitable for children with cow's milk allergy. For this reason, check the ingredients list when shopping. Often, there are dairy-free alternatives.

We have put together some great dairy-free ideas that can help your child to explore eating with their hands.

Vegetables

Steamed and cut into strips

Fruit

Peeled and cut into easily manageable pieces

Tender strips of meat

Cooked and cut into strips, e.g. turkey, chicken, pork, beef



Additional tips

- *Preparing solid foods yourself is beneficial if your child has a food allergy, as you can decide on the ingredients and you can be certain that the food is completely free of cow's milk. However, many jars of baby food are still suitable. Always check the list of ingredients carefully when shopping – milk components will be indicated.*
- *Meals that have been prepared without Neocate® can be kept refrigerated and given to your child later or the following day. Neocate® should always be added fresh shortly before feeding your child.*
- *Puréed foods can also be easily frozen in ice-cube trays and thawed as needed. Neocate® should be added after thawing.*
- *Avoid flavouring agents, artificial colourings and additives (herbs, spices, stock cubes, salt and pepper).*
- *Make sure that your child is still receiving the recommended quantity of Neocate® as a substitute for milk-based meals.*

NUTRITIONAL PLAN

for babies and infants

PLAN	MILK	SOLIDS PHASE	TRANSITION TO FAMILY MEALS	FAMILY MEALS	MONTH/YEAR
EARLY MORNING	Breast milk and/or Neocate® Syneo/Infant, as needed, spread across the day		Neocate® Syneo/Infant and breakfast	Neocate® Junior and breakfast	Over 1 year
MID-MORNING				Snack**	Over 2 years
MIDDAY		Meat, potato & vegetable purée*		Lunch**	Over 3 years
AFTERNOON	(Source: adapted from Forschungsinstitut für Kinderernährung (Research Institute of Child Nutrition)) * prepared with Neocate® Syneo/Infant as a milk substitute, if applicable ** prepared with Neocate® Junior as a milk substitute, if applicable	Dairy-free grain porridge with fruit	Snack*	Snack**	Over 1 year
EVENING		Neocate® Syneo/Infant with cereal flakes	Neocate® Syneo/Infant and supper	Neocate® Junior and supper	Over 1 year
	1 - 5	6	7	8	9
		10	11	12	Over 2 years
					Over 3 years

ADVICE ON EVERYDAY DAIRY-FREE NUTRITION

While your child's diet slowly transitions to family meals, dairy-free nutrition will become more and more of a challenge in daily life, as many standard foods contain traces of milk.

Inform all members of the family and anyone who looks after your child. In this way, you can prevent others from unwittingly giving your child foods that contain milk protein.

Always check the ingredients list for foods when shopping. Allergens must be highlighted in ingredients lists. For fresh produce, make sure to ask. You should also obtain comprehensive advice from your paediatrician and a nutritionist.

WHAT CAN BE EATEN?



- Meat (e.g. cured pork, smoked ham, turkey breast)
- Fish
- Egg
- Fats (e.g. dairy-free margarines, oils)
- Cereals
- Bread and baked goods (e.g. dairy-free breads, baked goods, rice cakes)
- Pasta/rice
- Potatoes/vegetables/fruit
- Pulses
- (Sweet) spreads (e.g. jam, honey [over 1 year], sugar syrup)
- Vegan spreads
- Confectionery (e.g. fruit gums, jelly, popcorn, dairy-free sorbets, pretzel sticks, dairy-free chocolate)

WHAT CANNOT BE EATEN?



- Butter/clarified butter
- Buttermilk/kefir
- Crème fraîche
- Soured milk
- Yoghurt
- All types of cheese
- Condensed milk
- Skimmed milk/powder
- Milk cream
- Double cream/
- single cream/quark/curd
- Sour cream
- Full-fat milk/powder
- Goat's/sheep's/mare's milk
- Fruit juices containing whey
- Lactose-free milk and milk products
- Powdered milk/non-fat milk solids
- Whey/whey powder/whey protein

ALWAYS CHECK THE PACKAGING!

Hidden milk can be found in a lot of products. It is essential that the ingredients below are avoided when following a dairy-free diet.

- Calcium casein
- Casein concentrate/hydrolysate
- Casein/powdered milk
- Hydrolysed casein
- Hydrolysed whey
- Lactalbumin
- Lactalbumin phosphate
- Lactoglobulin
- Lactose/milk sugar
- Lactulose
- Malted milk
- Protein hydrolysate



It is worth looking more closely at the following convenience foods!

- Meat products (e.g. meatballs, liver sausage, boiled sausage, cooked ham)
- Fish products (e.g. fish salad, marinated fish)
- Egg products (e.g. pancakes, Spätzle)
- Bread/baked goods (e.g. milk rolls, rusks, pastries)
- Muesli mixes (e.g. chocolate muesli)
- Pasta and rice dishes
- Potato products (e.g. croquettes, mash)
- Vegetable combinations (e.g. creamed vegetables)
- Sweet spreads (e.g. hazelnut spread)
- Drinks (e.g. instant beverages)
- Confectionery (e.g. chocolate, sweets, liquorice)
- Other: sauces, soups, pizza, desserts, dressings, mayonnaise, ketchup

For loose items, e.g. from the baker's or butcher's, please always ask whether they contain milk or milk products.

3

FREQUENTLY ASKED QUESTIONS





FREQUENTLY ASKED QUESTIONS



WHAT SHOULD I DO IF MY CHILD HAS AN ALLERGIC REACTION?

- Stop the attempt with this food immediately.
- Make a note of the date of the allergic reaction and the accompanying symptoms as well as the time that the symptoms occurred after eating.
- Discuss the matter with your paediatrician or a nutritionist.
- Wait around 1-3 days before trying to introduce another new food.

"Should I try problematic foods again?"

Most allergies disappear as a child grows older, but some don't. As a rule, foods should not be avoided if they no longer cause your child problems. Paediatricians recommend eating foods regularly again if they are tolerated. It is best to ask your doctor or a nutritionist when and how problematic foods can be included in your child's diet again. In the case of allergic

reactions, the initial attempt should always be made in the presence of a paediatrician or at a hospital.



Allergies can disappear as a child grows older.



MY CHILD NEVER GETS FULL ANY MORE - WHAT CAN I DO?

Neocate® Syneo and Neocate® Infant have a similar composition to infant formula and can be given to your child on their own immediately from birth until the age of one. Later, they can be combined with solid foods. Due to the balanced nutrient composition, your child will receive all the vital nutrients he or she needs. The quantity and frequency of meals will be determined by your child. Talk to your paediatrician about increasing the daily amount, where necessary.

Recipes can be found on the following pages.



WHAT CAN I GIVE MY CHILD TO DRINK?

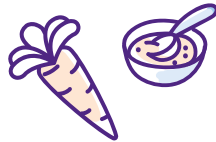
By the time your child is managing three puréed meals, he/she will also need additional fluid. Water, unsweetened tea or highly diluted juices are most suitable. Only give your child the juice from fruit that your child has already tried and tolerated well.

Preference should be given to mineral water with a high calcium content (> 150 mg/l). This is an additional way to meet your child's calcium requirements during the solids phase.



4

NEOCATE® RECIPES



From puréed foods to cooked meals:

All the recipes in this section are designed to make feeding your child easy – while making meals a fun and pleasant experience for both child and parent.



Zur diätetischen Behandlung von Nahrungsmittelallergien und multiplen Nahrungsmittelallergien.

- Spezialnahrung auf Basis non-allergener Aminosäuren
- Patentierte Zusammensetzung mit Bifidobakterium breve M-16V, FOS Ballaststoffen
- LCP • Nukleotide

Spezialnahrung für Säuglinge auf Basis non-allergener Aminosäuren

Zur diätetischen Behandlung von:
• Nahrungsmittelallergien, Nahrungsmittelallergien • Anderen Indikationen, für die eine Ernährung auf Aminosäurebasis empfohlen wird.
• Säuglingen mit Nahrungsmittelallergien, einschließlich ungenügendem Fettstoffwechsel (LCP) und Nahrungsmittelallergien.
• Säuglingen, die eine vollständige Ernährung auf Basis non-allergener Aminosäuren benötigen.
• Säuglingen, die eine vollständige Ernährung auf Basis non-allergener Aminosäuren benötigen.
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ADVICE ON PREPARING RECIPES WITH NEOCATE®



The recipes are based on the recommendations of professional paediatric associations and have been developed in collaboration with a nutritionist. During the child's first 12 months, Neocate® Syneo and Neocate® Infant can be consumed in the same way as standard infant formula, as needed, and can also be used to prepare the child's evening meal. When transitioning to family meals, your child's diet will change, but milk and milk products or the special formula will remain integral parts of the daily diet.

With regard to their nutritional composition and use, all Neocate® products are formulated to specifically meet the needs of children in different age groups and guarantee that they receive the nutrition they need for their respective age. The products are always used following consultation with a doctor and taking into account current food intake, the child's current nutritional condition and any accompanying illnesses. The Neocate® products can be prepared according to personal preference so that meals are a joy to eat.

Abbreviations

- tsp = teaspoon
- tblsp = tablespoon
- MS = Neocate®
measuring
spoon
- ml = millilitre

- g = gram



For more delicious recipes, visit
www.nutricia.de/neocate-rezepte

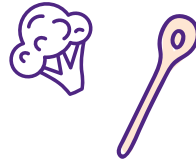




Please remember:

- *Neocate® should always be added shortly before serving.*
- *Please observe the instructions provided with the Neocate® products when preparing meals.*
- *Neocate® should not be boiled or heated excessively, nor should it be prepared in a microwave, as the nutrients will be destroyed. Due to the valuable bifidobacteria contained in Neocate® Syneo, it is particularly important to leave the boiled water to cool to below 40°C (check by holding against the cheek) before adding the powder, as the living microorganisms will be destroyed at excessively high temperatures.*
- *This brochure also contains some recipes in which Neocate® is baked or frozen, meaning that some of the nutrients or valuable bifidobacteria will be destroyed. Please make sure that your child is consuming a sufficient quantity of Neocate® that has not been frozen or excessively heated. Cooked or frozen meals containing Neocate® should be an exception rather than the rule.*
- *Do not reheat cooked meals to which Neocate® has already been added.*
- *Only use recipes that contain ingredients your child can tolerate. Always check the packaging of foods or ask in the shop whether the ingredients are suitable for your child.*
- *Do not risk contaminating your child's meals with problematic ingredients (for example, by feeding your child with a spoon that was previously used to stir a milky coffee).*





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NEOCATE® RECIPES FOR CHILDREN 5 MONTHS AND OLDER

MEAT, POTATO & VEGETABLE PURÉE



Method

Wash, peel and roughly chop the vegetables and potato. Bring the vegetables to the boil in a pan with some water and simmer over a low heat until they are soft. For vegetables that need longer, steam beforehand for 5-10 minutes.

With meat or fish

Dice the meat or fish and cook in a little water until soft.

Place all the ingredients, oil and juice in a tall jug and blend until smooth. If the consistency is too thick, add a little of the cooking water or boiled water.

Tip

This purée can be given for lunch either with or without Neocate®. When adding Neocate®, leave the purée to cool to an edible temperature (40°C) and stir in 3 MS Neocate® Syneo/Infant powder shortly before serving.

Ingredients for one portion

Basic recipe

- 90-100 g vegetables
- 40-60 g potato
- 20-30 g lean meat (or fish)

Vegetarian option:

- 10 g oats
- 8-10 g rapeseed oil
- 20-30 ml fruit juice, mild

As required:

- 3 MS Neocate® Syneo/Neocate® Infant

POTATO PURÉE

Method

Cook the potatoes in a pan of boiling water until they are soft. Then peel the potatoes with a knife, chop into small pieces and weigh.

Purée the potatoes by passing through a potato ricer (or masher). Prepare the Neocate® powder with water as usual. Beat the cooled mashed potatoes, prepared Neocate® and rapeseed oil to achieve a smooth purée.



Ingredients for one portion

- 100 g floury potatoes
- 1 MS Neocate® Syneo/ Neocate® Infant
- 30 ml water
- 1 tsp rapeseed oil



NEOCATE® RECIPES FOR CHILDREN 6 MONTHS AND OLDER

DAIRY-FREE GRAIN PORRIDGE WITH FRUIT

Method

Bring the water to the boil and leave to cool for a while. Mix with the cereal flakes and fruit purée. Add the Neocate® powder shortly before serving and mix thoroughly.



Ingredients for one portion

- 200 ml water
- 6 MS Neocate® Syneo/Neocate® Infant
- 30 g cereal flakes
- 20-30 g fruit purée





Fruit semolina

FRUIT SEMOLINA

Method

Boil the drinking water and pour into a small bowl. Stir in the instant semolina and leave for a while to cool.

Mix the fruit purée and Neocate® Syneo/ Infant powder into the semolina shortly before serving.



Ingredients for one portion

- 20 g instant semolina, dairy-free
- 180 ml water
- 6 MS Neocate® Syneo/ Neocate® Infant
- 20 g fruit purée with small pieces of fruit (jar)

PARSNIP & POTATO PURÉE

Method

Peel, finely chop and weigh the potatoes. Cook the potatoes in a pan of boiling water until they are soft.

With turkey:

Also cook the turkey in a little water until it is soft.

Combine the potatoes with the water, parsnip purée, turkey meat (optional) and rapeseed oil in a tall jug and blend until smooth. Mix in the Neocate® Syneo/Infant powder shortly before serving.

Tip

The parsnip purée can always be substituted for other tolerated vegetables, e.g. broccoli, courgette, carrots, fennel or pumpkin. You can cook fresh vegetables until they are soft or use jars of ready-made, dairy-free baby food.



Ingredients for one portion

- 50 g floury potatoes
- 30 ml boiled water
- 70 g parsnip purée (jar)
- 30 g turkey meat (optional)
- 2 MS Neocate® Syneo/Neocate® Infant
- 1 tsp rapeseed oil

NEOCATE® RECIPES FOR CHILDREN 7 MONTHS AND OLDER

MILLET & COURGETTE PURÉE



Method

Bring the water and apple juice to the boil in a pan and then remove from the stove. Use a whisk to stir in the millet flakes and leave the mixture to cool for a while.

Wash and peel the courgette, weigh 50 g, finely chop and steam in boiling water until soft.

Place the puréed millet with the courgette and rapeseed oil in a tall jug and blend until smooth. Stir in the Neocate® Syneo/Infant powder shortly before serving.

Ingredients for one portion

- 20 g millet flakes
- 100 ml water
- 30 ml apple juice
- 50 g courgette
- 1 tsp rapeseed oil
- 2 MS Neocate® Syneo/Neocate® Infant



A nourishing millet purée for children 7 months and older



Refined with
baby juice

MILLET & APPLE PURÉE

Method

Bring the apple juice and water to the boil in a pan and then remove from the stove. Stir in the millet flakes and leave the mixture to cool for a while.

Then stir the rapeseed oil and mild apple into the purée. Mix in the Neocate® powder shortly before serving.

Tip

Here too, the type of fruit can be switched for any other tolerated variety.



Ingredients for one portion

- 100 ml baby juice: mild apple juice
- 100 ml water
- 20 g millet flakes
- 1 tsp rapeseed oil
- 50 g mild apple (jar)
- 2 MS Neocate® Syneo/
Neocate® Infant

NEOCATE® RECIPES FOR CHILDREN 10 MONTHS AND OLDER



RICE PUDDING

Method

Bring the water to a boil and add the rice pudding. Simmer over a low heat until soft, stirring continuously.

If more liquid is needed, add the required amount of water. Mix the Neocate® powder into the cooled rice pudding shortly before serving.

Ingredients for one portion

- 40 g rice pudding
- 150 ml water
- 3 MS Neocate® Syneo/
Neocate® Infant



PAN-FRIED CHICKEN & VEGETABLES

Method

Wash, peel and finely chop the vegetables. Place the vegetables in a pan and add sufficient water to cover (approx. 1 cup). Cook the vegetables until they are soft. Do not discard the liquid as it can be used to make a sauce.

Chop the cooked chicken into small pieces. Heat the oil in a different pan, add the chicken and cook until it has browned.

Add the vegetables to the pan of cooked chicken. Mix the cornmeal with cold water, add to the pan and simmer everything for a few minutes. Leave to cool.

Stir in the Neocate® powder shortly before serving.



Ingredients for one portion

- 50 g skinless chicken breast
- 1 tsp rapeseed oil
- 50 g carrots and/or sweet potato (Kumara)
- 50 g cauliflower or broccoli florets
- 1 tsp cornmeal
- 1 tbs cold water
- 2 MS Neocate® Syneo/Neocate® Infant

Tip

All the recipes can also be prepared with Neocate® Junior for children over one year of age.



NEOCATE® RECIPES FOR CHILDREN 1 YEAR AND OLDER

CHICKEN & POTATO "BOLOGNESE"



Method

Peel and finely chop the potatoes. Peel and grate the courgette. Heat the oil in a pan and brown the chicken over moderate heat.

Add the potatoes and water. Bring everything to a boil and simmer for approx. 10 minutes until the potatoes are soft. Mash the cooked potatoes with a fork. Add the grated courgette and cook the mixture for a few minutes.

Leave to cool. Add the Neocate® powder shortly before serving.

Ingredients for one portion

- 25 g skinless chicken breast, minced (or other tolerated minced meat)
- 75 g potatoes
- 30 g courgette
- 75 ml water
- 1 tsp rapeseed oil
- 3 MS Neocate® Junior

Tip

This dish can be served with rice noodles or well-cooked white rice. Please make sure that the products contain only tolerable ingredients. Read the instructions on the respective packaging. Any other tolerated vegetables can be used in place of those suggested in the recipe. Potatoes, sweet potatoes (Kumara) or pumpkin can be easily mashed and will thicken the consistency of the dish.



A classic soup

POTATO SOUP

Method

Peel, wash and dice the celeriac and potatoes. Bring the water and vegetable stock to a boil in a pan, add the diced vegetables and cook for 15 minutes at a reduced temperature until soft.

Meanwhile, peel and roughly grate the carrots, wash the leek and cut into thin rings. Heat the oil in a pan and sauté the grated carrot and the leeks for two minutes.

When the diced potato and celeriac is soft, place in a tall jug with the liquid and blend until smooth. A few cubes of vegetable can be left whole. Now add the Neocate® Junior and combine until smooth, adding salt, pepper and nutmeg to taste. Finish by adding the sautéed vegetables from the pan.



Ingredients for one portion

- 40 g celeriac
- 80 g floury potatoes
- 150 ml water
- 5 g vegetable stock, dairy-free (e.g. Alnatura)
- 3 MS Neocate® Junior
- Salt, pepper, nutmeg
- 40 g carrots
- 15 g leek
- 5 g oil

Tip

Pumpkin can be used instead of celeriac.



EGG-FREE PANCAKES

Method

Combine the flour, salt, baking powder and Neocate® Junior, add water and mix to obtain a smooth batter.

Heat the margarine in a pan and add 2-3 tbsp of batter at a time. Cook small pancakes until they are golden brown.



Ingredients for 5 pancakes

- 200 g wholemeal flour
- 2 tsp baking powder
- 8 MS Neocate® Junior
- 250 ml water
- 2 tbsp margarine, dairy-free, for greasing the tin

CARROT & CINNAMON MUFFINS

Method

Preheat the oven to 180°C. Clean and finely grate the carrots.

Mix all the ingredients together to make a smooth batter.

Line a muffin tin with muffin cases. Half fill the muffin cases with batter. Bake the muffins for 20 minutes at 180°C top/bottom heat.



Ingredients for 10 muffins

- 200 g wheat flour
- 100 g oats
- 2 tbsp sugar
- 1 tsp cinnamon
- 4 MS Neocate® Junior
- 100 ml water
- 75 ml rapeseed oil
- 200 g carrots
- 1 egg





No egg, milk,
wheat or soya

BANANA CAKE

Method

Preheat the oven to 180°C and grease a 24 cm springform cake tin.

Beat the margarine with the sugar until fluffy. Finely mash the banana and add to the mixture. Stir the remaining ingredients into the batter.

Pour the batter into the cake tin. Bake for approx. 20 minutes at 180°C.

Leave the cake to cool and dust with icing sugar or glaze with melted dairy-free chocolate.



Ingredients for 12 slices

- 300 g cornflour
- 200 g sugar
- 300 g margarine, dairy-free
- 1 banana
- 150 ml water
- 3 MS Neocate® Junior
- 2 tsp baking powder
- 3 tbspcocoa
- 1 tbspcocoa
- 1 tbsp vanilla sugar

BANANA & BLUEBERRY ICE LOLLIES

Method

Wash the blueberries and peel the banana. Combine all the ingredients and pour into four ice lolly moulds. Freeze for at least three hours.



Ingredients for one portion

- 75 g banana
- 100 g blueberries
- 1 tsp honey
- 4 MS Neocate® Junior
- 125 ml water

KIBA SHAKE

Method

Prepare the Neocate® Junior powder with water as usual. Blend the banana, cherries, apple juice and Neocate® powder to achieve a frothy shake. The shake tastes best when chilled.



Ingredients for one portion

- 150 ml water
- 4 MS Neocate® Junior
- 75 g banana
- 50 ml apple juice
- 60 g cherries



Neocate® is a special formula based on hypoallergenic amino acids for the dietary management of cow's milk allergy, multiple food allergies and other conditions for which an elemental diet based on amino acids is recommended. Neocate® is designed for special medical purposes (balanced diet). Use only under the supervision of a healthcare professional.



Germany

Nutricia GmbH | PO Box 2769 | D-91015 Erlangen | Telephone 09131 77 82-0
Fax 09131 77 82-10 | information@nutricia.com | www.nutricia.de

Austria

Nutricia GmbH | Technologiestrasse 10 | A-1120 Vienna | Telephone +43 (0)1 688 26 26-0
Fax +43 (0)1 688 26 26-666 | office.austria@nutricia.com | www.nutricia.at