

♥ Birthday Celebration Cake ♥

A celebratory treat for any birthday! Try using different fruits for a variety of flavours.



Time: 30mins

Level: Easy

Serves: 1

Ingredients:

- ♥ 250mL of Compleat® paediatric
- ♥ 30g fresh blueberries, raspberries or strawberries
- ♥ 30g plain cooked or ready-made sponge cake

Nutritional Content Per Serving:

424kcal, 10.7g protein, 38.2g fat,
59.6g carbohydrate, 3.7mg iron, 291mg calcium

Allergens: milk (milk protein), fish (fish oil), gluten, egg








Compleat®
paediatric

Instructions

- 1 Wash your choice of fruit in cold water and drain.
- 2 Add the fruit and Compleat® paediatric into the blender. Blend for approximately 3 minutes until completely smooth.
- 3 Pass the mixture through a sieve to remove pips, seeds or skins.
- 4 Place the sponge cake in the blender and add the sieved mixture.
- 5 Blend for a further 3 minutes to ensure it is smooth.

Preparation Tips:

-  A high-speed blender is recommended to ensure the mixture is completely smooth.
-  Sieving the mixture well after blending will prevent tube blockages.
-  Stir the mixture thoroughly before administering the feed.
-  Fresh herbs are optional. Ensure they are chopped well and added last.
-  Follow food hygiene and safety guidelines during the preparation of this recipe.

Compleat® paediatric recipes are not suitable for freezing. This recipe is suitable for one feed and any unused liquid should be thrown away. Any remaining feed in the Smart Flex bottle can be kept in the fridge and used within 24 hours.



These recipes should only be used following recommendation by your dietitian or healthcare professional.

www.nestlehealthscience.co.uk/compleat-paediatric-recipes

