

♥ Pink Parfait Snack ♥

Quick and simple to prepare, this is a healthy and satisfying snack at any time of day!



Time: 30mins

Level: Easy

Serves: 1

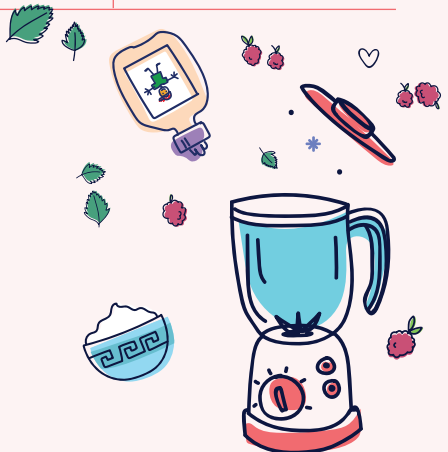
Ingredients:

- ♥ 125mL of Compleat® paediatric
- ♥ 80g plain, fat free Greek yoghurt
- ♥ 35g fresh raspberries
- ♥ 1tsp fresh mint leaves, chopped (optional)

Nutritional Content Per Serving:

203kcal, 13.5g protein, 6g fat, 22g carbohydrate, 2.3mg iron, 264mg calcium

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









Compleat®
paediatric

Instructions

- 1** Wash the raspberries in cold water and drain.
- 2** Place all ingredients except the mint into the blender and blend for 3 minutes until completely smooth.
- 3** Pass the mixture through a sieve to remove the pips. Check for any pips or skins using the back of a dessert spoon.
- 4** Place the mixture back into the blender. Add the chopped mint leaves and blend for 3 minutes until completely 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.
-  If your child needs catch up weight gain, you can use full fat yoghurt.

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

