

talking tube feeding



Recipe Book

Blended Diet Recipe Book - a collection of simple recipes for those following a blended diet

POWERED BY



Nestlé

Nutrition
& Health



IMPORTANT INFORMATION: Always consult with your healthcare professional before changing your feeding plan

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Lemon and Blueberry Scones

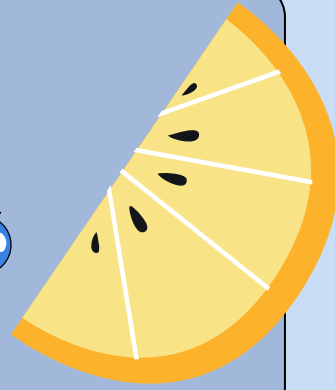
Delicious and flavourful dish, perfect for a family celebration



Ingredients Checklist:

- 350g butter, frozen and cut into cubes
- 100g caster sugar
- Zest of 2 lemons
- 250g blueberries
- 3 medium eggs
- 250ml full-fat milk
- 2tsp vanilla extract
- 2tbsp baking powder
- 1tsp salt
- 500g self-raising flour (+1tbsp self-raising flour)

Optional: Change the blueberries for sultanas or glace cherries and omit the lemon zest for different taste preferences



Equipment: Oven • Blender • A sieve if not using a high powered blender

***Allergens:** recipe contains eggs, milk and wheat
Nut-free recipe

Total
Makes 6 servings
of 1 scone each

Ready in
45 minutes including
cooking time

Difficulty
Moderate

Recipe by Dietitian Anjane Kholi

INSTRUCTIONS:

- 1 Preheat the oven to 200°C (or 180°C if using a fan assisted oven) and line a tray with baking paper.
- 2 Mix the wet ingredients together in a medium bowl, and mix the dry ingredients together in a large bowl.
- 3 Combine the dry ingredients with the butter-ensure the butter doesn't melt between your fingertips when combining.
- 4 Add the wet ingredients to the butter and flour mix. Make sure not to overwork the mix, or the scones will go flat!
- 5 Transfer the mix across a lightly floured work surface, then sprinkle the blueberries across the top. Sprinkle with 1tbsp flour and carefully fold the mix, then split it into 2.
- 6 Roll out each piece of dough into a disc, fold the dough over itself and repeat 4-5 times - make sure not to burst the blueberries.
- 7 Cut each disc of dough into wedges, transfer to a plate (cover with cling film) and freeze for 20 minutes.
- 8 Transfer the scones to the baking sheet and lightly brush with egg wash.
- 9 Bake for 18-20 minutes or until the scones are golden brown. Transfer to a wire rack to cool when they are done.

* Allergens: always check the ingredients list of each product used.

Tips

Make sure the butter is cold right out of the fridge, as if it is too warm, the scones will go flat. For children under 1, remove their portion prior to adding salt for the rest of the family.

Average nutritional information per scone

332kcal, 5.3g protein, 19.9g fat, 32g carbohydrate, 0.84mg iron, 135mg calcium.

Portion Sizes

1 portion	= 200ml full-fat milk + 1 scone
~ 4x60ml syringes	= ~464kcal/ 12.3g protein

*Please note: your dietitian should help you calculate the right portion for your child, some children may need smaller portions e.g. a half portion may be adequate for an older/teenage child.

High/Low kcal options

To increase calorie content:

- Add after baking:
- 1 tbsp butter (~100kcal)
 - 1tbsp clotted cream (~173kcal)
 - 1tsp jam (~50kcal)
 - Blend with full fat milk

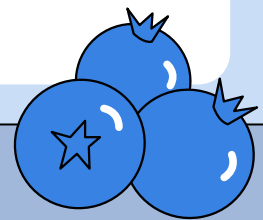
To lower calorie content:

- Choose a lower fat butter



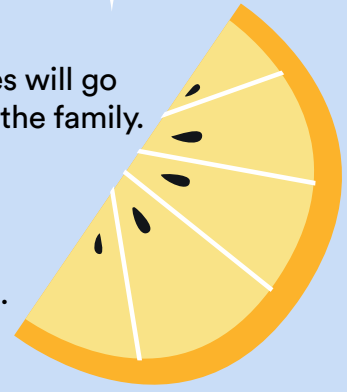
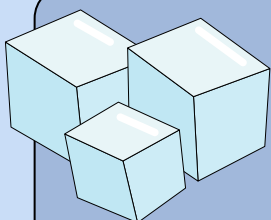
Blending Instructions:

- Wait until the scones is cool prior to blending.
- You may need to warm scone up for 10-20 seconds so they are soft before adding to the blender
- Add 200ml milk per scone and blend
- 200ml total yield per scone (200ml milk per scone for correct consistency) = approximately 4x60ml syringes



Storage Instructions:

Store scones in an airtight container at room temperature for 1 to 2 days or in the fridge for up to 3 days. They can also be frozen for up to 3 months. The blended product can be frozen into ice cubes and then put in a sealable zip lock bag for easier storage, then kept in the freezer for 1-3 months.



Mattar Paneer and Rice

Easy and quick filling vegetarian meal

Ingredients Checklist:

- 2tbsp oil
- 2 medium onions, diced
- Dry spices: 1tsp cumin seeds; 1tsp mustard seeds; 1tsp turmeric; 1tsp garam masala; 2tsp salt (omit this if your child is younger than 1); 1tsp fenugreek; 1tsp coriander powder
- 2tbsp ginger garlic paste (or 1tbsp frozen garlic + 1tbsp frozen ginger)
- 2-3 finely chopped green chillis (add according to your taste)
- 400g of pureed plum or chopped tomatoes
- 200g frozen peas
- 1000ml water
- 400g paneer (can be bought from any supermarket), cut into blocks and airfried or shallow fried until golden brown

Optional: a handful of finely diced coriander (you can use frozen)

Equipment: Hand or jug blender • Spatula • Heavy bottomed pan • Sieve

**Nut-free, egg-free
and gluten-free
recipe**

Allergens
Recipe contains
milk*

Total
1470g (Dependent on
amount of water added)

Ready in
30 minutes (not including
time taken to prepare rice)

Difficulty
Moderate

Recipe by Dietitian Anjane Kholi

INSTRUCTIONS:

- 1 Heat the oil over a medium heat in a heavy bottomed pan. Once it is warm, add the cumin and mustard seeds then turn the heat down to low. Once you hear them start to crackle, add the onions and cook them until they are brown. If they stick to the bottom of the pan, add a splash of water.
- 2 Add the ginger, garlic and sauté for a couple of minutes. Then add the chillis, tomatoes and dry spices.
- 3 Cook it low and slow, this can take around 10-15mins. The mixture will eventually thicken, the oil will rise to the top and it will go a deep red colour. If the mixture sticks to the pan at any point then add a splash of water.
- 4 Add the water and leave to simmer over a low heat for 10-15 mins until thickened slightly. If the water evaporates, you can add more while it is simmering. Add the frozen peas and paneer and cook for 5 minutes until the oil separates from the mixture, then add the coriander (if using).
- 5 Blend or dish up and serve with boiled rice.

* Allergens: always check the ingredients list of each product used.

Tips

For children under 1, remove their portion prior to adding salt for the rest of the family. Adding chillis are optional, dependent on the child's spice tolerance.

Modifications

- The paneer can be replaced with firm tofu to make this recipe plant-based. It will change the nutritional content.
- A few handfuls of frozen or fresh spinach can be added during cooking in order to increase the iron content of this recipe.

Average nutritional information

284kcal, 5.3g protein, 15g fat, 32g carbohydrate, 0.28mg iron, 35mg calcium.

Portion Sizes

Full portion 210g	= 297kcal/15g protein
Half portion 105g	= 149kcal/ 7.5g protein
Third portion 52.5g	= 74kcal/ 3.8g protein

*Please note: your dietitian should help you calculate the right portion for your child, some children may need smaller portions e.g. a half portion may be adequate for an older/teenage child.

High/Low kcal options

To increase calorie content:

- Add per serving after cooking:
- 1tsp butter (~100kcal; 0.9g protein)
 - 50g Greek yoghurt (~50kcal; 5g protein)
 - 200g (half of a can) of coconut milk (~300kcal; 0.9g protein) can also be added after making the base gravy and prior to adding water.

To lower calorie content:

- Be mindful of free pouring oil. If you are concerned about the amount of calories - be sure to measure how much you are adding to the pan.

Blending Instructions:

- Wait until the recipe is cool prior to blending. Then add 50ml liquid to 200ml portion prior to blending (this equates to 25ml additional liquid per 100ml paneer recipe)
- Yielded 250ml total blend - ~5 x 60ml syringes
- Always sieve after blending to reduce risk of blockages

Freezing Instructions:

Suitable for home freezing - this meal can be frozen into portions or as a whole batch. It can also be enjoyed by the whole family. Frozen versions of ginger, chillis, garlic and onions can be used for easier preparation.
NB: Turmeric may stain the syringe.

Vegan Bean Chilli and Rice

Easy and quick filling vegetarian meal



Ingredients Checklist:

- 2tbsp oil
- 2 medium onions, diced
- 2 x peppers (any colour), finely chopped
- 3-4 cloves garlic, finely chopped (you can use frozen if required)
- Dry spices: 2tsp cumin powder; 2tsp smoked paprika; 1-2tsp chilli powder (you can leave this out if you don't like spicy food)
- 2tsp salt (omit this if your child is less than 1 year old)
- 400g can of chopped tomatoes
- 400g can of black beans, including juices
- 400g can of kidney beans, including juices
- 2 squares of dark chocolate

Optional: a handful of finely chopped coriander (again, you can use frozen if required), avocado and sour cream



Equipment: Hand or jug blender • Spatula • Heavy bottomed pan

**Nut-free, egg-free, gluten-free
and vegan recipe**

Total
1600g

Ready in
30 minutes (not including time taken to prepare rice)

Difficulty
Moderate

Recipe by Dietitian Anjane Kholi

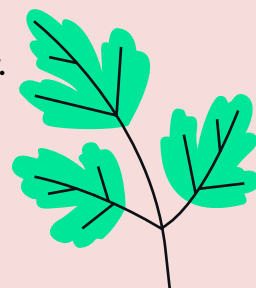
INSTRUCTIONS:

- 1** Heat the oil over a medium heat in a thick bottomed pan. When it is warm, add the garlic. Once it becomes fragrant, add the onions and cook until browned.
- 2** Add the peppers and cook until soft, then the chopped tomatoes, dry spices (including salt if using) and 300ml water. Simmer for 10mins over a low heat.
- 3** Add the 2 cans of beans (including juices), and 200ml of water then leave to simmer for a further 10mins.
- 4** Add the 2 squares of dark chocolate and mix well.
- 5** Cook over a medium heat until everything is well combined, garnish with coriander if required. Serve with boiled rice, avocado (if using) and a squeeze of lime!

Tips

For children under 1, remove their portion prior to adding salt for the rest of the family. Adding chillis are optional, dependent on the child's spice tolerance.

* Allergens: always check the ingredients list of each product used.



Modifications

For extra protein, plant based mince can be added during cooking as per cooking instructions.

Average nutritional information

352kcal, 18g protein, 7g fat, 45g carbohydrate, 1.16mg iron, 35.6mg calcium.

NB: The nutritional content will increase dependent on what is served with the product e.g. 125g basmati rice contains ~190kcal; ~4g protein

Portion Sizes

Full yield	= 1600g
Full portion 400g	= 352kcal/ 18g protein
Half portion	= 176kcal/ 9g protein
Third portion	= 117kcal/ 6g protein

*Please note: your dietitian should help you calculate the right portion for your child, some children may need smaller portions e.g. a half portion may be adequate for an older/teenage child.

High/Low kcal options

To increase calorie content:

- Add per serving after cooking:
- 2tsp butter (~74kcal; <0.1g protein)
- 50g Greek yoghurt (~50kcal; 5g protein)
 - Half a large avocado (~140kcal; 1.3g protein)
- 30ml sour cream (~52kcal; ~0.8g protein)

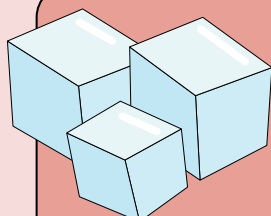
To lower calorie content:

- Be mindful of free pouring oil, If you are concerned about the amount of calories - be sure to measure how much you are adding to the pan.



Blending Instructions:

- Wait until the recipe is cool prior to blending. Then add 100ml liquid to 200ml portion prior to blending (this equates to 50ml additional liquid per 100ml chilli recipe)
- Yielded 275ml total blend - ~5 x 60ml syringes
- Always sieve after blending to reduce risk of blockages

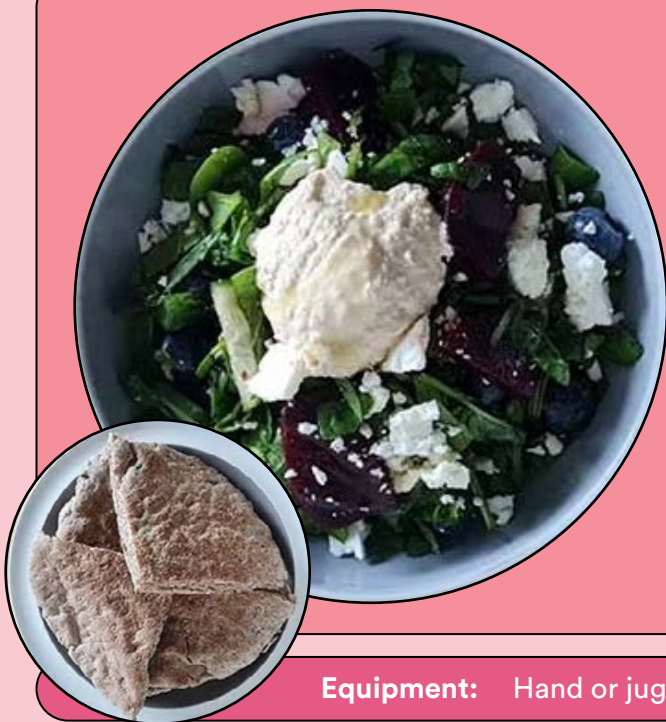


Freezing Instructions:

Suitable for home freezing - this meal can be frozen into portions or as a whole batch. It can also be enjoyed by the whole family.
Frozen versions of ginger, chillis, garlic and onions can be used for easier preparation and it helps with food waste/costs.

Mediterranean Breakfast

Calcium rich, no cook, vegetarian breakfast



Ingredients Checklist:

- 30g feta
- 40g/1 heaped tablespoon hummus or 40g tinned chickpeas
- 60g cooked beetroot
- 45g/handful spinach, rinsed under cold water
- 60g blueberries
- 30g cucumber
- 1 pitta bread, toasted
- 1 tablespoon olive oil

Equipment: Hand or jug blender • Spatula • Sieve

**Nut-free and
egg-free recipe**

***Allergens:** recipe contains
milk, wheat, gluten

Total
450ml

Ready in
Approx. 10 mins

Difficulty
Easy

Recipe by Dietitian Cath Fogarty

INSTRUCTIONS:

- 1 Assemble ingredients in blender and blend for 3 to 5 minutes with water.

Tips

Adding bread to blend makes the final blend slightly thicker over time so if you allow it to sit for any time, you may need to add a little more water before using.

Modifications

- Note that if modifications are made this may alter the state and nutritional value of the recipe. It is the responsibility of the caregiver to ensure the consistency of the feed is appropriate. Aim for a texture similar to pancake batter or drinking yogurt.
- Vegan option: use plant-based cheese instead of feta.
- A range of ingredients can be added to this recipe for variation - cooked quinoa, yoghurt, range of soft fruits, avocado.

* Allergens: always check the ingredients list of each product used.

Average nutritional information

284kcal, 5.3g protein, 15g fat, 32g carbohydrate, 0.28mg iron, 35mg calcium.

Portion Sizes

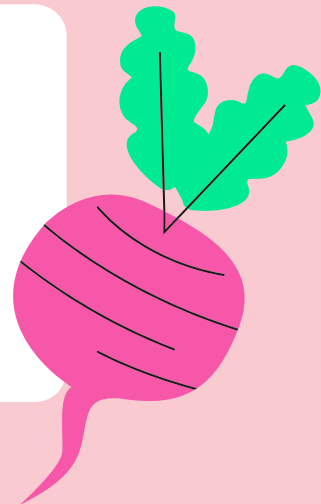
Full portion 450ml / 7.5 x 60ml syringes	= 565kcal/18.4g protein
Half portion 240m / 4 x 60ml syringes	= 301kcal/9.8g protein
Third portion 150g/ 2.5 x 60ml syringes	= 188kcal/6.1g protein

*Please note: This recipe was designed for children. Your dietitian should help you calculate the right portion for your child. Some children may need smaller portions e.g. a half portion may be adequate for an older/teenage child.

High/Low kcal options

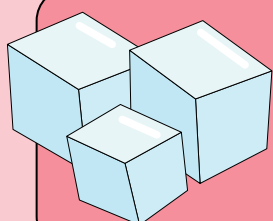
To increase calorie content:

- 1 teaspoon/5g ground nuts or smooth nut butter (20-30kcal)
- Add an extra tablespoon/18ml olive oil (160kcal)



Blending Instructions:

This recipe was blended with 150ml water to achieve a pancake batter consistency which yielded 450ml total blend (7.5 x 60ml syringes) however you may find you need slightly less fluid to blend as you become confident administering blends. Always sieve blends until you are confident you are achieving a completely smooth blend with no bits.



Freezing Instructions:

This meal works best used on the day you make it and is not suitable for home freezing.



Overnight Oats

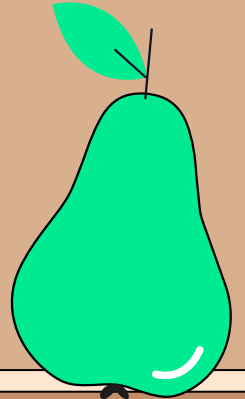
Light easy breakfast



Ingredients Checklist:

- 50g ground raw oats (blend dry oats in food processor) or use ready-made instant oats
- 150ml milk
- 1 teaspoon honey[†] or maple syrup
- 1 pear fresh/tinned (100g)
- 60g blueberries (or preferred fruits)
- Sprinkling of cinnamon (optional)

[†]omit honey if your child is less than 1 year old



Equipment: Hand or jug blender • Spatula • Sieve

**Nut-free,
egg-free and
vegetarian recipe**

***Allergens:** recipe
contains oats (gluten),
milk

Total
320ml

Ready in
Requires overnight soaking
Approx. 5 mins to prepare

Difficulty
Easy

Recipe by Dietitian Cath Fogarty

INSTRUCTIONS:

- 1 Combine milk (150ml) and oats (50g) - stir out any lumps and soak overnight in fridge.
- 2 The following morning, add honey/maple syrup (1 teaspoon), chopped pear (100g) and blueberries (60g).
- 3 Blend for 3 - 5 mins.

Tips

Soaked oats as opposed to cooked oats will blend easier with less fluid required.

Modifications

- Note that if modifications are made this may alter the state and nutritional value of the recipe. It is the responsibility of the caregiver to ensure the consistency of the feed is appropriate. Aim for a texture similar to pancake batter or drinking yogurt.
- To make this vegan, use your preferred plant-based milk, oat milk works well for this recipe, and maple syrup instead of honey.
- Fruits can be swapped for any fruits of your choice.

* Allergens: always check the ingredients list of each product used.

Average nutritional information

369kcal, 11.5g protein, 9.6g fat, 63.1g carbohydrate, 2.5mg iron, 218mg calcium.

Portion Sizes

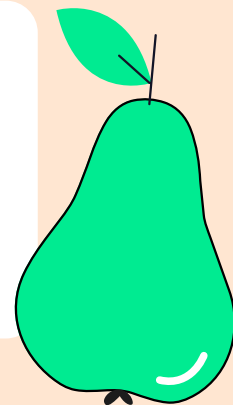
Full portion 320ml/just over 5x60ml syringes	= 369kcal/11.5g protein
Half portion 180ml/ 3x 60ml syringes	= 208kcal/6.5g protein
Third portion 120g/ 2x 60ml syringes	= 138kcal/4.3g protein

*Please note: This recipe was designed for children. Your dietitian should help you calculate the right portion for your child. Some children may need smaller portions e.g. a half portion may be adequate for an older/teenage child.

High/Low kcal options

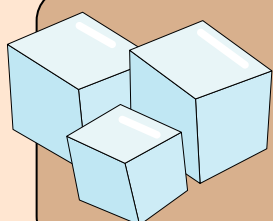
To increase calorie content, add:

- 1 teaspoon/5g smooth nut butter (30kcal)
- 1 tbsp/20g Greek yoghurt (27kcal)



Blending Instructions:

This recipe was blended without any additional water and yielded 320ml total blend (just over 5 x 60ml syringes). You may find you need to add some fluid to your blend to achieve the desirable consistency. Always sieve blends until you are confident you are achieving a completely smooth blend with no bits.



Freezing Instructions:

This recipe is not suitable for home freezing - make fresh and consume immediately.



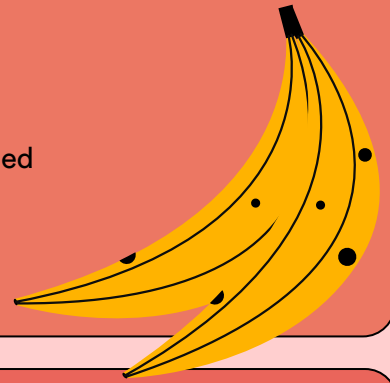
Super Smoothie

Quick easy, calcium rich snack, vegan option



Ingredients Checklist:

- 100ml Greek yoghurt
- 120ml whole milk
- 1 banana
- 60g tinned peaches, no skin
- 60g berries - fresh or defrosted



Equipment: Hand or jug blender • Spatula • Sieve

**Nut-free and
egg-free recipe**

***Allergens:** recipe
contains milk

Total
400ml

Ready in
Approx. 5 mins

Difficulty
Easy

Recipe by Dietitian Cath Fogarty

INSTRUCTIONS:

- 1 Pour milk (120ml) into blender and add remainder of ingredients.
- 2 Blend for 3 to 5 mins until completely smooth - no additional water/milk needed to blend.

Modifications

- Note that if modifications are made this may alter the state and nutritional value of the recipe. It is the responsibility of the caregiver to ensure the consistency of the feed is appropriate. Aim for a texture similar to pancake batter or drinking yogurt.
- Use your preferred plant-based milk and yoghurt for vegan option.
- Mix it up! Vary your smoothies with one or more of the following: soft fruits - tinned work well, a handful of raw spinach, teaspoon of nut butter, 1/2 avocado, 1 cooked beetroot, 3g grated ginger.

* Allergens: always check the ingredients list of each product used.

Average nutritional information

345kcal, 12g protein, 14.7g fat, 44g carbohydrate, 1.1mg iron, 285mg calcium.

Portion Sizes

Full portion 400ml/ 6.5 x 60ml syringes	= 345kcal/12g protein
Half portion 180ml/ 3 x 60ml syringes	= 155kcal/5.4g protein
Third portion 120ml/ 2 x 60ml syringes	= 104kcal/3.6g protein

*Please note: This recipe was designed for children. Your dietitian should help you calculate the right portion for your child. Some children may need smaller portions e.g. a half portion may be adequate for an older/teenage child.

High/Low kcal options

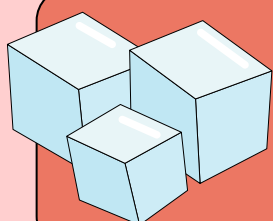
To increase calorie content, add:

- 1 tablespoons honey (17kcal)
- 1 scoop/60g ice cream (100kcal)



Blending Instructions:

Blend without any additional water/milk, sieve after blending.
This recipe yielded 400ml total blend.



Freezing Instructions:

Make this smoothie fresh and consume immediately.

Sausage Ragu with Quinoa (or Couscous)

Meat or vegetarian option



Ingredients Checklist:

- 2 skinless sausages (pork, chicken, or vegetarian/vegan) - remove skin if not skinless and cut each sausage into 3 or 4 pieces
- 100g chopped, tinned tomatoes
- 100g tinned cannellini beans, drained
- 100ml stock[†] (vegetable/chicken)
- 50g raw quinoa, rinse thoroughly and cook in 150ml water
- 1 small carrot, peeled and diced
- 1/4 onion, diced
- 1/2 teaspoon dried/fresh thyme
- 1 teaspoon tomato puree
- 1 teaspoon olive oil

[†]stock cubes are not recommended for children under 1 year old

Equipment: Hand or jug blender • Spatula • Sieve • 2 x saucepans

***Allergens:** Ensure you check the packets of any sausages and stock cubes you use as allergens may differ (milk/egg/gluten). If using couscous, this is wheat so gluten containing.

Total
680ml

Ready in
Approx. 45 mins

Difficulty
Moderate

Recipe by Dietitian Cath Fogarty

INSTRUCTIONS:

- 1** Warm oil (1 teaspoon) in saucepan over a medium heat and add onion (1/4 onion, diced), carrot (1 small carrot, peeled and diced) and thyme (1/2 teaspoon dried/fresh thyme). Cook for 2-3 mins, stirring occasionally.
- 2** Add sausages (2 skinless sausages - remove skin if not skinless and cut each sausage into 3 or 4 pieces) and cook for further 2-3 minutes, turning to brown lightly on all sides.
- 3** Add cannellini beans (100g), tomatoes (100g), stock (100ml), tomato puree (1 teaspoon) and once bubbling cook reduce heat and cook on low to medium heat for 10 mins. It should be gently bubbling.
- 4** Meanwhile cook quinoa (50g) - rinse quinoa thoroughly in sieve and add to boiling water and cook on low heat for 12-15 mins.
- 5** Allow ingredients to cool, then blend with 300ml water.

Average nutritional information

510kcal, 22.1g protein, 10.6g fat, 68.3g carbohydrate, 6.7mg iron, 103mg calcium.

* Allergens: always check the ingredients list of each product used.

Modifications

- Note that if modifications are made this may alter the state and nutritional value of the recipe. It is the responsibility of the caregiver to ensure the consistency of the feed is appropriate. Aim for a texture similar to pancake batter or drinking yogurt.
- For a quicker option, try couscous instead of quinoa. Use 60g raw couscous per portion and add the same volume of boiling water (60ml) then leave to stand, covered, for 5-10 mins. Once soft and not crunchy, fork through to make it fluffy. You can also add flavourings to couscous before the water, such as 1 tsp olive oil, salt and pepper, or stock powder.

Portion Sizes

Full portion 680ml/ 11.2 x 60ml syringes	= 510kcal/22.1g protein
Half portion 340ml/ 5.6 x 60ml syringes	= 255kcal/11g protein
Third portion 210g/ 3.5 x 60ml syringes	= 158kcal/6.8g protein

*Please note: This recipe was designed for children. Your dietitian should help you calculate the right portion for your child. Some children may need smaller portions e.g. a half portion may be adequate for an older/teenage child.

High/Low kcal options

To increase calorie content, add:

- Add 30g grated cheddar or non-dairy cheese

Blending Instructions:

This recipe was blended with 300ml water to achieve a pancake batter consistency which yielded 680ml total blend (11 x 60ml syringes). However, you may find you need slightly less fluid to blend as you become confident administering blends. Always sieve blends until you are confident you are achieving a completely smooth blend with no bits.

Freezing Instructions:

Once blended, this meal can be frozen and used within one month. Defrost thoroughly and bring to room temperature before use. Water may need to be added to reach a pancake batter consistency. Consume within 24hrs of defrosting.

Tuna, Borlotti and Beetroot Salad

Quick, protein rich meal with no cooking needed!



Ingredients Checklist:

- 110-140g tinned tuna, drained (use the whole tin)
- 100g tinned borlotti beans, drained
- 80g cooked beetroot, chopped
- Handful (40g) raw baby spinach, rinsed under cold water
- 1 tbsp olive oil
- Small handful (3-4g) fresh parsley (optional)

Equipment: Hand or jug blender • Spatula • Sieve

Nut-free, egg-free,
gluten-free and
milk-free recipe

*Allergens: recipe contains
fish

Total
459ml

Ready in
10 mins

Difficulty
Easy

Recipe by Dietitian Cath Fogarty

INSTRUCTIONS:

- 1 Assemble all ingredients.
- 2 Add 240ml water and blend for 3 - 5 minutes.

Modifications

- Note that if modifications are made this may alter the state and nutritional value of the recipe. It is the responsibility of the caregiver to ensure the consistency of the feed is appropriate. Aim for a texture similar to pancake batter or drinking yogurt.
- Use tinned tuna in oil for extra calories.

Average nutritional information

459kcal, 43.8g protein, 18.2g fat, 39.5g carbohydrate, 5.2mg iron, 136mg calcium.

* Allergens: always check the ingredients list of each product used.

Portion Sizes

Full portion/580ml/ 9.5 x 60ml syringes	= 459kcal/43.8g protein
Half portion/280ml/ 4.5 x 60ml syringes	= 222kcal/21.1g protein
Third portion/180ml/ 3 x 60ml syringes	= 142kcal/13.6g protein

*Please note: This recipe was designed for children. Your dietitian should help you calculate the right portion for your child. Some children may need smaller portions e.g. a half portion may be adequate for an older/teenage child.

Tips

Adding bread to blend makes the final blend slightly thicker over time so if you allow it to sit for any time, you may need to add a little more water before using.

High/Low kcal options

To increase calorie content:

This is a nutritious but low fat meal so be generous with extra olive oil if more calories needed:

- 1 tablespoon, 18ml olive oil (162kcal)

Blending Instructions:

This recipe was blended with 240ml water to achieve a pancake batter consistency which yielded 580ml total blend (9.5 x 60ml syringes). However, you may find you need slightly less fluid to blend as you become confident administering blends. Always sieve blends until you are confident you are achieving a completely smooth blend with no bits.

Freezing Instructions:

Once blended, this meal can be frozen and used within one month. Defrost thoroughly and bring to room temperature before use. Water may need to be added to reach a pancake batter consistency. Consume within 24hrs of defrosting.

Chicken and Rice Noodle Stir Fry

Quick cook light meal, easily made vegan



Ingredients Checklist:

- 150g/1 medium chicken breast, sliced into thin strips
- 50g uncooked rice noodles
- 70g broccoli, broken into small florets
- 1 small (80g) carrot, peeled and sliced into thin rounds
- 1 tablespoon soy sauce
- 1 teaspoon vegetable oil
- 1 tablespoon sesame oil
- 1 clove garlic, chopped (optional)
- 1/4 teaspoon dried/fresh chilli (optional)

Equipment: Hand or jug blender • Spatula • Sieve • 2 x saucepans

Nut-free, egg-free, and milk-free recipe

***Allergens:** recipe contains sesame, soy. May contain wheat (gluten)

Total
550 kcs

Ready in
Approx. 20 mins

Difficulty
Moderate

Recipe by Dietitian Cath Fogarty

INSTRUCTIONS:

- 1 Soak rice noodles (50g) in boiling water for 10 mins - separate using fork whilst soaking.
- 2 Warm vegetable oil (1 teaspoon) on a medium-high heat in frying pan or wok, add chicken strips (150g/1 medium chicken breast, sliced into thin strips) and cook for 2-5 mins, turning once to colour lightly on all sides.
- 3 Add garlic (1 clove garlic) optional chilli (1/4 teaspoon dried/fresh), broccoli (70g) and carrots (80g) - cook for further 5 mins, stirring occasionally - you may want to reduce the heat.
- 4 Add soy sauce (1 tablespoon), sesame oil (1 tablespoon) and drained rice noodles. Mix thoroughly, ensure chicken is cooked through and cook for further 1 - 2 mins if needed. Vegetables should be soft with a slight bite.
- 5 Place all ingredients into the blender and blend with 280ml water.

Average nutritional information

550kcs, 42g protein, 25.6g fat, 40.8g carbohydrate, 1.6mg iron, 68mg calcium.

* Allergens: always check the ingredients list of each product used.

Tips

This is a rich colour blend due to ingredients so if not using a jug blender with lid, you may wish to cover your container with a clean cloth when using hand blender to avoid spatter!

Modifications

- Note that if modifications are made this may alter the state and nutritional value of the recipe. It is the responsibility of the caregiver to ensure the consistency of the feed is appropriate. Aim for a texture similar to pancake batter or drinking yogurt.
- Vegan option: replace chicken with 100g cooked/tinned chickpeas or 100g tofu.
- Any favourite vegetables suitable for stir frying can be added to this dish. Experiment with others such as peppers, mange tout, mushrooms, and cabbage.

Portion Sizes

Full portion/600ml / 10 x 60ml syringes	= 550kcal/42g protein
Half portion/300ml / 5 x 60ml syringes	= 275kcal/21g protein
Third portion/180ml / 3 x 60ml syringes	= 165kcal/12.6g protein

*Please note: This recipe was designed for children. Your dietitian should help you calculate the right portion for your child. Some children may need smaller portions e.g. a half portion may be adequate for an older/teenage child.

High/Low kcal options

To increase calorie content , add when blending:

- 1 tablespoon, 18ml sesame oil (approx. 160kcal)
- 1 tablespoon, 20g nut butter (approx. 120kcal)

Blending Instructions:

This recipe was blended with 280ml water to achieve a pancake batter consistency which yielded 600ml total blend (10 x 60ml syringes). However, you may find you need slightly less fluid to blend as you become confident administering blends. Always sieve blends until you are confident you are achieving a completely smooth blend with no bits.

Freezing Instructions:

Once blended, this meal can be frozen and used within one month. Defrost thoroughly and bring to room temperature before use. Water may need to be added to reach a pancake batter consistency. Consume within 24hrs of defrosting.

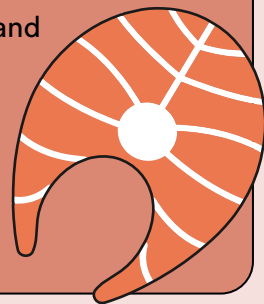
Creamy Salmon with Spinach and Sweet Potatoes

Light dish, high in protein and healthy fats



Ingredients Checklist:

- 130g fresh salmon fillet, rinsed under cold water and dried with kitchen paper
- 80g raw baby spinach, rinsed under cold water
- 1 small - medium sweet potato, peeled and sliced 2cm rounds
- 20g cream cheese
- 1 tablespoon olive oil



Equipment: Hand or jug blender • Baking tray • Sieve • Microwavable container

Nut-free and egg-free recipe

***Allergens:** recipe contains fish and milk

Total
603 kcals

Ready in
Approx. 30 mins

Difficulty
Easy

Recipe by Dietitian Cath Fogarty

INSTRUCTIONS:

- 1 Place sweet potato (1 small - medium sweet potato, peeled and sliced 2cm rounds) on baking tray, drizzle with oil (1 tablespoon) and bake at 170°C/fan/190°C/Gas 5 for 15 – 20 mins, turn once halfway.
- 2 Meanwhile, wrap salmon (130g) in tin foil and oven cook at 170°C fan/190°C/Gas 5 for 12-15 mins - allow to cook in tin foil, keep any juice for blending.
- 3 Place spinach (80g) in microwavable container with lid rested on top in microwave and cook on high for approx. 1 min, keep any liquid for blending.
- 4 Blend salmon (skin removed), sweet potato, spinach and cream cheese (20g) for 3-5 minutes with 300ml water - see below.

Average nutritional information

603kcals, 32.3g protein, 45.8g fat, 28.5g carbohydrate, 2.8mg iron, 151mg calcium.

Tips

You may wish to include the salmon skin in your blend, it contains the same nutrition as the flesh but ensure you remove any scales before cooking.

* Allergens: always check the ingredients list of each product used.

Modifications

- Note that if modifications are made this may alter the state and nutritional value of the recipe. It is the responsibility of the caregiver to ensure the consistency of the feed is appropriate. Aim for a texture similar to pancake batter or drinking yogurt.
- Replace fresh salmon with tinned salmon for an extra convenient meal.

Portion Sizes

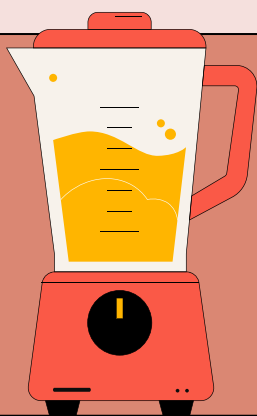
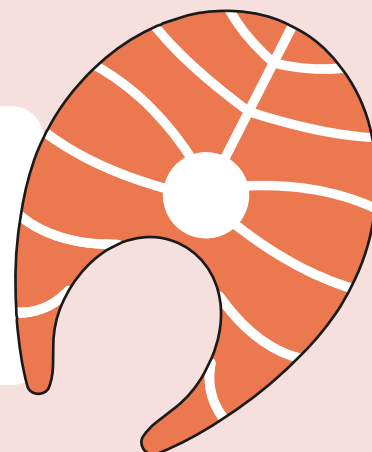
Full portion/600ml/10 x 60ml syringes	= 603kcal/32.3g protein
Half portion/300ml/5 x 60ml syringes	= 300kcal/16g protein
Third portion/180g/3 x 60ml syringes	= 181kcal/9.7g protein

*Please note: This recipe was designed for children. Your dietitian should help you calculate the right portion for your child. Some children may need smaller portions e.g. a half portion may be adequate for an older/teenage child.

High/Low kcal options

To increase calorie content, add when blending:

- 1 teaspoon olive/vegetable oil (5ml) - approx. 45kcal

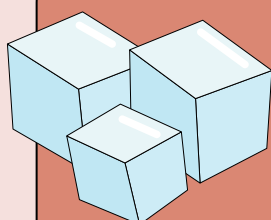


Blending Instructions:

This recipe was blended with 300ml water to achieve a pancake batter consistency which yielded 600ml total blend (10 x 60ml syringes). However, you may find you need slightly less fluid to blend as you become confident administering blends. Always sieve blends until you are confident you are achieving a completely smooth blend with no bits.

Freezing Instructions:

Once blended, this meal can be frozen and used within one month. Defrost thoroughly and bring to room temperature before use. Water may need to be added to reach a pancake batter consistency. Consume within 24hrs of defrosting.



Chicken Satay with Coconut, Greens and Rice

Protein and calorie dense meal



Ingredients Checklist:

- 150g chicken thighs, skin removed and sliced thinly
- 25g block/creamed coconut
- 25g smooth peanut butter
- 1/4 onion, diced
- 70g shredded kale (one stalks removed), rinsed under cold water
- 1 teaspoon vegetable oil
- 1 teaspoon soy sauce
- 150ml water
- 1/2 lime (optional), juice only
- 50g uncooked basmati/long grain rice, soak in water for at least 1 hour before cooking (or use 150g cooked, microwavable rice)

Equipment: Hand or jug blender • Sieve • 2 x saucepans

Egg-free and
milk-free recipe

*Allergens: recipe
contains nuts and soy. Some soy
sauces may contain wheat (gluten)

Total
732 kcals

Ready in
Approx. 45 mins

Difficulty
Moderate

Recipe by Dietitian Cath Fogarty

INSTRUCTIONS:

- 1 Heat oil (1 teaspoon) on a medium heat. Add the onion (1/4, diced) and cook for 2-3 mins, stirring occasionally.
- 2 Add chicken (150g) and cook for 4-5 mins turning occasionally to brown lightly on all sides.
- 3 Add creamed coconut (25g), peanut butter (25g), soy sauce (1 teaspoon) and water and slowly bring to the boil, stirring occasionally then reduce heat and simmer for 10 minutes (you should have a nice moderately thick sauce), remove from heat and add half of the optional lime juice (1/2 lime, juice only).
- 4 Drain and rinse rice in lots of cold water before cooking in boiling water for about 10 mins and drain (50g uncooked basmati/long grain rice or 150g cooked, microwavable rice).
- 5 Cook kale (70g, shredded) in boiling water or steam for 3-5 mins, remove from heat and add the remaining optional lime juice (1/2 lime, juice only) with 300ml water - see below.
- 6 Allow to cool, then blend for 3 to 5 minutes with 220ml water - see below.

Average nutritional information

732kcal, 49.3g protein, 38.4g fat, 46.1g carbohydrate, 4.3mg iron, 152mg calcium.

* Allergens: always check the ingredients list of each product used.

Tips

- Basmati rice is a low glycemic index carbohydrate compared to long-grain rice. Low glycemic foods help keep blood sugar levels steady and keep us fuller for longer.
- Brown rice takes longer to cook and remains firm to bite so best to avoid for blended meals.

To make the perfect fluffy rice:

- Rice has a reputation for being difficult to cook however I always use basmati and soak in warm water for 1 - 2 hours before cooking in lots of cold water and cook in boiling water.
- If you are unlucky to have sticky rice at the end of this process, just rinse again quickly in water to wash any off starch.
- Microwave rice also works well!

Modifications

- Note that if modifications are made this may alter the state and nutritional value of the recipe. It is the responsibility of the caregiver to ensure the consistency of the feed is appropriate. Aim for a texture similar to pancake batter or drinking yogurt.
- Vegan option: replace chicken with 100g cooked/tinned chickpeas or 100g tofu.
- Swap kale for spinach if more convenient.
- Add more vegetables depending on preference.
- Use ready cooked, microwavable rice for super quick option.

Portion Sizes

Full portion/600ml/10 x 60ml syringes	= 732kcal/49.3g protein
Half portion/300ml/5 x 60ml syringes	= 366kcal/24.7g protein
Third portion/180g/3 x 60ml syringes	= 220kcal/14.8g protein

*Please note: This recipe was designed for children. Your dietitian should help you calculate the right portion for your child. Some children may need smaller portions e.g. a half portion may be adequate for an older/teenage child.

High/Low kcal options

To increase calorie content add when blending:

- 1 teaspoon olive/vegetable oil (5ml) - approx. 45kcal

Blending Instructions:

This recipe was blended with 220ml water to achieve a pancake batter consistency which yielded 600ml total blend (10 x 60ml syringes). However, you may find you need slightly less fluid to blend as you become confident administering blends. Always sieve blends until you are confident you are achieving a completely smooth blend with no bits.

Freezing Instructions:

Once blended, this meal can be frozen and used within one month. Defrost thoroughly and bring to room temperature before use. Water may need to be added to reach a pancake batter consistency. Consume within 24hrs of defrosting.

Chickpea Curry with Rice

Quick, relatively easy vegan curry dish with mild spices.



Ingredients Checklist:

- 200g tinned chickpeas, drained
- 200g tinned chopped tomatoes
- 50g uncooked basmati/long grain rice, soaked in water 1 hour before cooking (or use 150g cooked microwavable rice)
- 1 teaspoon vegetable oil
- 25g block/creamed coconut
- 1 teaspoon tomato puree
- 1/4 onion sliced or diced
- 2 cloves garlic, chopped
- 1/2 thumb sized/5g ginger, peeled and finely grated or chopped
- 1/4 teaspoon each: ground coriander, cumin, turmeric, garam masala, dried/fresh chilli (optional)
- Small handful fresh coriander, chopped

Equipment: Hand or jug blender • Sieve • 2 x saucepans

Nut-free, egg-free, gluten-free, milk-free and vegan recipe

***Allergens:** none

Total
680 kcal

Ready in
Approx. 30 mins

Difficulty
Easy

Recipe by Dietitian Cath Fogarty

INSTRUCTIONS:

- 1** Warm oil (1 teaspoon) in saucepan on a medium heat and add onion (1/4 onion sliced or diced), garlic (2 cloves garlic, chopped), ginger (1/2 thumb sized/5g ginger) and cook for 2-3 mins, stirring occasionally.
- 2** Add chickpeas (200g), spices including chilli if using, chopped tomatoes (200g) and tomato puree (1 teaspoon) and stir. Once bubbling, reduce heat to low and cook for 3-5 mins.
- 3** Add creamed coconut (25g block/creamed coconut) plus some water (approx. 50ml to prevent curry catching on base of saucepan) and cook for further 5 mins. Stir in chopped coriander (small handful).
- 4** Allow to cool and add 150g cooked rice (see full instructions here) and blend for 3-5 minutes with 300ml water - see blending instructions below.

Average nutritional information

680kcal, 23.5g protein, 29.3g fat, 84g carbohydrate, 5.7mg iron, 147mg calcium.

* Allergens: always check the ingredients list of each product used.

Tips

- Basmati rice is a low glycemic index carbohydrate compared to long-grain rice. Low glycemic foods help keep blood sugar levels even and keep us fuller for longer.
- Brown rice takes longer to cook and remains firm to bite so it's best to avoid this for blending.
- If you avoid chilli, this recipe is mildly spiced, however this is the first time having spices, you may want to use a pinch of each spice until you are confident your child can tolerate spicing. Spices are a good source of nutrients including vitamins and minerals.

Modifications

- Note that if modifications are made this may alter the state and nutritional value of the recipe. It is the responsibility of the caregiver to ensure the consistency of the feed is appropriate. Aim for a texture similar to pancake batter or drinking yogurt.
- For extra calories, oil, yoghurt/dairy free yoghurt can be added.
- Use ready cooked, microwavable rice for super quick option.

Portion Sizes

Full portion/700ml/11.5x60ml syringes	= 680kcal/29.3g protein
Half portion/350ml/6 x 60ml syringes	= 340kcal/14.7g protein
Third portion/230g/4 x 60ml syringes	= 224kcal/10g protein

*Please note: This recipe was designed for children. Your dietitian should help you calculate the right portion for your child. Some children may need smaller portions e.g. a half portion may be adequate for an older/teenage child.

High/Low kcal options

To increase calorie content:

- Add 1 heaped tablespoon (25g) Greek style full cream yoghurt 35kcal (or equivalent dairy free yoghurt)
- Or add 1 teaspoon vegetable oil (5ml) 45kcal

Blending Instructions:

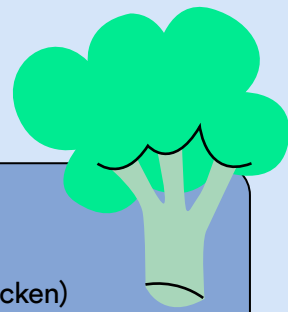
This recipe was blended with 300ml water to achieve a pancake batter consistency which yielded 700ml total blend (11.5 x 60ml syringes). However, you may find you need slightly less fluid to blend as you become confident administering blends. Always sieve blends until you are confident you are achieving a completely smooth blend with no bits.

Freezing Instructions:

Once blended, this meal can be frozen (if adding yoghurt, add once defrosted) and used within one month. Defrost thoroughly and bring to room temperature before use. Water may need to be added with the yogurt to reach a pancake batter consistency. Consume within 24hrs of defrosting.

Sunday Roast

Traditional family meal



This is a big portion and may constitute lunch and dinner that day, so maybe split portions and give a couple of half or third portions over the course of a day!

Ingredients Checklist:

- 100g roast chicken - (from 1.5kg whole chicken)
- 350g potatoes (I use Maris Pipers), peeled for roast/mash (150g/2 small for roasting and remainder for mash)
- 1 x small carrot (approx 80g) - peeled and cut into small batons
- 1 small parsnip (approx 80g) - peeled and cut into medium batons
- 80g any greens - kale, spinach, broccoli
- 30g dried stuffing mix - makes 2 small stuffing balls
- 6g / 1 heaped tsp gravy granules[†]
- 30g butter (20g chicken, 5g stuffing, 5g mashed potato)
- 1 x tablespoon vegetable oil
- 1 readymade Yorkshire pudding (frozen) - optional 10ml milk for mashed potato

[†]gravy is not recommended for children under 1 year old

Equipment: Hand or jug blender • Sieve • 2 x saucepans

Nut-free, egg-free recipe

***Allergens:** recipe contains gluten, milk

Total
1020 ml

Ready in
Approx. 1hr 40mins

Difficulty
Moderate

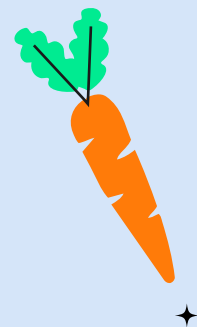
Recipe by Dietitian Cath Fogarty

INSTRUCTIONS:

- 1** If roasting whole chicken - place chicken in roasting tray and rub skin with 25g butter, season with salt/pepper plus any fresh/dried herbs of your choice - thyme works well.
- 2** Cover chicken (100g) loosely with aluminium foil and cook in middle oven at 190°C/Fan 170°C/gas 5 (remove foil after 30 mins). Cook as per recommended time on packaging. To check, pierce the thigh with skewer, juices should run clear (approx 90 minutes for 1.5kg chicken).
- 3** Prepare vegetables: toss 2 small potatoes and parsnip batons in vegetable oil (1 tablespoon) - roast potatoes for approx 45-60mins and add parsnips later (approx. 80g).
- 4** Prepare vegetables: toss 2 small potatoes and parsnip batons in vegetable oil (1 tablespoon) - roast potatoes for approx 45-60mins and add parsnips later (approx. 80g) for approx 30mins in same roasting tray.
- 5** Prepare stuffing balls, add 5g butter and cook for approx 30 mins - add to roasting tray when adding parsnips.
- 6** Put remaining potatoes on to boil for mashed potato and cook for approx 30 minutes until soft, once cooked, mash with milk (10ml) and 5g butter.
- 7** Retain 100ml vegetable water to make gravy.

** Allergens: always check the ingredients list of each product used. If using any packet mixes for stuffing, stock or gravy, please check the ingredients.*

- 8 Cook carrots (approx 80g) and broccoli (80g) together for approx 8-10 mins in boiling water.
- 9 Place frozen Yorkshire pudding in oven for 3 - 5mins.
- 10 Heat vegetable water and whisk in gravy granules.
- 11 Slice 100g roast chicken and assemble meal for blending.



Average nutritional information

865kcal, 43.9g protein, 27.8g fat, 112g carbohydrate, 3.4mg iron, 228mg calcium.

Tips

Make a simple roast without cooking a whole joint of meat or whole chicken - chose your meat e.g chicken breast or turkey steak, pan-fry in oven proof frying pan, cover with tin foil and cook in oven as above temperature until cooked (will take 10-20mins in oven depending on size) and always check with skewer to ensure juice runs clear or cut through the middle of the meat to ensure it is cooked through.

Portion Sizes

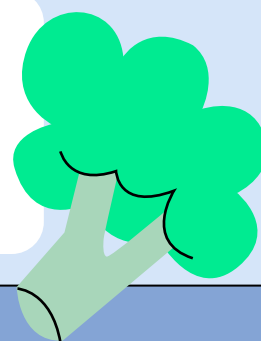
Full portion 1020ml/17x60ml syringes	= 865kcal/43.9g protein
Half portion 510ml/ 8.5 x 60ml syringes	= 432kcal/22g protein
Third portion 360g/ 6 x 60ml syringes	= 305kcal/15.5g protein

*Please note: This recipe was designed for children. Your dietitian should help you calculate the right portion for your child. Some children may need smaller portions e.g. a half portion may be adequate for an older/teenage child.

High/Low kcal options

To increase calorie content:

- Add 1 tbsp honey to vegetables for last 5 minutes of roasting or just add to blend (50kcal)
- Add an extra Yorkshire (45kcal)

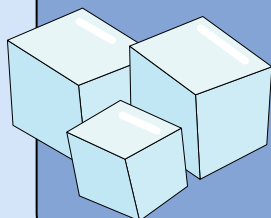


Blending Instructions:

This recipe was blended with 450ml water, additional to gravy, to achieve a pancake batter consistency which yielded 1020ml total blend (17 x 60ml syringes). However, you may find you need slightly less fluid to blend as you become confident administering blends. Always sieve blends until you are confident you are achieving a completely smooth blend with no bits.

Freezing Instructions:

Once blended, this meal can be frozen and used within one month. Defrost thoroughly and bring to room temperature before use. Water may need to be added to reach a pancake batter consistency. Consume within 24hrs of defrosting.



Pancakes

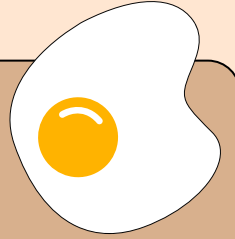
Your one-way ticket to a flipping good time this pancake day!
Also ideal for a family weekend brunch



Ingredients Checklist:

- 100g plain flour
- 2 eggs
- 300ml milk
- 1tbsp vegetable or sunflower oil, plus extra for frying
- Pinch salt*

*Adding salt is not recommended for children under 1 year old



Equipment: Spatula • Hand or jug blender • A sieve • Approx 20cm non-stick frying pan

Nut-free recipe

***Allergens:** recipe contains eggs, gluten, milk

Total
makes 8-10
pancakes

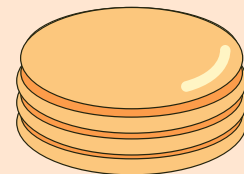
Ready in
Approx. 25 mins

Difficulty
Easy

Recipe by Dietitian Cath Fogarty

INSTRUCTIONS:

- 1 In a bowl, sift flour (100g) with a pinch of salt and make a well in centre.
- 2 In a separate bowl, whisk eggs (2) with milk (300ml) and oil (1tbsp), then add to flour and whisk until you have a smooth batter. If lumps remain, sieve the mixture.
- 3 Transfer the batter into a measuring jug for easy pouring and allow batter to rest for at least 5 minutes.
- 4 Heat non-stick pan on medium-high heat, add a drizzle of vegetable oil and once hot, add 2-3 tablespoons of batter for each pancake.
- 5 Cook for 1-2 minutes, then flip with a spatula or palette knife and cook for a further 1-2 minutes until cooked.
- 6 Repeat for each pancake.
- 7 Layer each pancake with baking paper to separate.
- 8 Add your toppings of choice and blend!



Tips

- Allowing the batter to rest makes for a smoother pancake.
- Pour batter in to middle of pan and then swirl to spread evenly.

* Allergens: always check the ingredients list of each product used.

Average nutritional information per pancake

103kcal, 3.5g protein, 4.2g fat, 13.3g carbohydrate, 0.4mg iron, 63mg calcium.

Portion Sizes

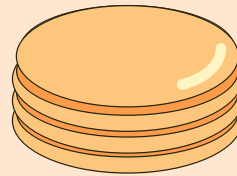
2 pancakes - plain without toppings:

Full portion 200ml / 3.5 x 60ml syringes	= 103kcal/3.5g protein
Half portion 120ml / 2 x 60ml syringes	= 62kcal/2.1g protein
Third portion 60ml / 1 x 60ml syringe	= 31kcal/1.1g protein

*Please note: your dietitian should help you calculate the right portion for your child, some children may need smaller portions e.g. a half portion may be adequate for an older/teenage child portion for your child.

Vegan recipe

- 180g plain flour - contains wheat (gluten).
- 400ml soya or preferred plant-based milk.
- 2 tbsp vegetable oil and more for cooking.



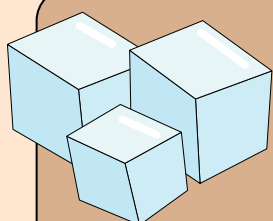
Keep it simple with these time-saving tips:

- Buy ready made plain pancakes.
- Go traditional with toppings - add a squeeze of lemon and 2 teaspoons (12g) sugar on warm pancakes (45kcal).



Blending Instructions:

- Blend 2 pancakes (approx 100g) with approximately 150ml water. This yields 200ml total blend.
- Blending Instructions for each topping can be found on their own recipe pages.



Freezing Instructions:

Pancakes are suitable for home freezing! Wrap individually before freezing. Make sure you defrost thoroughly before using, prepare your toppings, then blend.

Pancakes with caramelised apple, cinnamon and ice cream

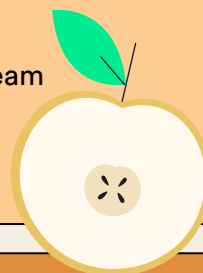
This sweet caramelised topping is the ultimate pancake day treat. Also ideal for a family weekend brunch!



Ingredients Checklist:

- 1 sweet apple, peeled, cored, and thinly sliced
- 20g butter
- 20g light brown or caster sugar
- Pinch cinnamon
- 60g / 1 scoop ice-cream or whipped cream

Breakfast, lunch, dinner or snack!



Equipment: Approx 20cm non-stick frying pan • Spatula

**Nut-free,
vegetarian recipe**

***Allergens:** recipe
contains milk

Total
2 pancakes

Ready in
Approx. 10-15 mins

Difficulty
Moderate

Recipe by Dietitian Cath Fogarty

INSTRUCTIONS:

- 1** Melt butter (20g) and sugar (20g) in a frying pan on medium-high heat until sugar is dissolved, and mixture starts to bubble.
- 2** Add sliced apple and cook for about 5 minutes until soft.
- 3** Add on top of your pancakes, sprinkle with cinnamon to taste and serve with ice cream or whipped cream.

Average nutritional information

466kcal, 5.7g protein, 25.5g fat, 55.9g carbohydrate, 1.7mg iron, 196mg calcium.

Tips

To save time use ready-made apple sauce/puree instead of caramelised apple.

* Allergens: always check the ingredients list of each product used.

Portion Sizes

2 pancakes with apple topping:

Full portion 310ml / just over 5 x 60ml syringes	= 363kcal/2.2g protein
Half portion 150ml / 2.5 x 60ml syringes	= 176kcal/1.1g protein
Third portion 120ml/ 2 x 60ml syringes	= 141kcal/0.9g protein

*Please note: This recipe was designed for children. Your dietitian should help you calculate the right portion for your child. Some children may need smaller portions e.g. a half portion may be adequate for an older/teenage child.

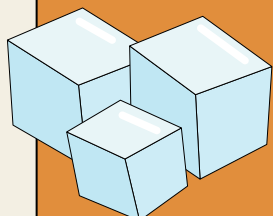
High/Low kcal options

To increase calorie content:

- Add 1 tbsp maple syrup (50kcal)

Blending Instructions:

Apple topping with 2 pancakes - blend with approximately 150ml water for 3 to 5 minutes. This yields 310ml total blend.



Freezing Instructions:

Pancakes are suitable for home freezing! Once made, pop them in the freezer. To use, defrost the pancakes, make the topping and blend.



Pancakes with mixed berries and crème fraiche or yoghurt



This ultra-simple no-cook topping idea is perfect for a quick and tasty brunch or pancake day menu

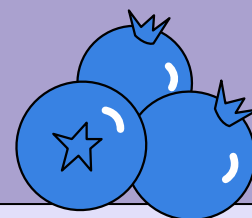


Ingredients Checklist:

Berry topping:

- 100g mixed fresh/frozen berries
- 50g yoghurt or crème fraiche

Breakfast, lunch, dinner or snack!



Equipment: Bowl • Spoon

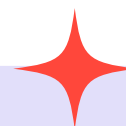
Nut-free recipe

*Allergens: recipe contains milk

Total
2 pancakes

Ready in
Approx. 5 mins

Difficulty
Easy



Recipe by Dietitian Cath Fogarty

INSTRUCTIONS:



- 1 Combine mixed berries (100g, defrosted if using frozen) and add crème fraiche or yoghurt (50g).
- 2 Spoon on top of your pancakes and blend.



Average nutritional information

332kcal, 5.5g protein, 24.4g fat, 23.6g carbohydrate, 1.1mg iron, 100mg calcium.

Vegan recipe:

- Try your favourite plant-based yoghurt for a vegan alternative.



* Allergens: always check the ingredients list of each product used.

Portion Sizes

2 pancakes with berry topping:

Full portion 250ml / just over 4 x 60ml syringes	= 229kcal/2.0g protein
Half portion 120ml / 2 x 60ml syringes	= 110kcal/1.0g protein
Third portion 90ml/ 1.5 x 60ml syringes	= 82kcal/0.7g protein

*Please note: This recipe was designed for children. Your dietitian should help you calculate the right portion for your child. Some children may need smaller portions e.g. a half portion may be adequate for an older/teenage child.

High/Low kcal options

To increase calorie content:

- Add 1 tbsp maple syrup (50kcal)

Blending Instructions:

Berry topping with 2 pancakes - blend with approximately 100ml water for 3 to 5 minutes. This yields 250ml total blend.

Freezing Instructions:

Pancakes are suitable for home freezing! Once made, pop them in the freezer. To use, defrost the pancakes, make the topping and blend.



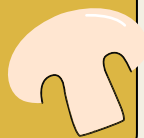
Pancakes with spinach, mushrooms and mascarpone

This savoury pancake recipe comes together in a flash, making it a staple for any time of day

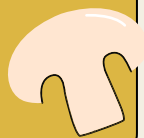


Ingredients Checklist:

- 15g butter or tbsp olive oil
- 60g spinach, rinsed under cold water
- 60g mushrooms, cleaned and sliced
- 40g mascarpone cheese



Breakfast, lunch, dinner or snack!



Equipment:

Approx 20cm non-stick frying pan



Spoon

Nut-free recipe

*Allergens: recipe contains milk

Total
2 pancakes

Ready in
Approx. 40-45 mins

Difficulty
Easy



Recipe by Dietitian Cath Fogarty

INSTRUCTIONS:



- 1 Heat oil or butter in a frying pan on medium heat and add sliced mushrooms (60g). Cook for 2 to 3 minutes.
- 2 Add spinach (60g) and cook for a further 2-3 minutes on medium to low heat.
- 3 Serve on top of pancakes with a dollop of mascarpone (40g).



Average nutritional information

453kcal, 7.4g protein, 60.4g fat, 13.8g carbohydrate, 1.6mg iron, 202mg calcium.

Vegan recipe:

- Replace the mascarpone with plant-based cream cheese for a vegan alternative.



* Allergens: always check the ingredients list of each product used.

Portion Sizes

2 pancakes with spinach topping:

Full portion 360ml / just over 6 x 60ml syringes	= 350kcal/3.9g protein
Half portion 180ml / 3 x 60ml syringes	= 175kcal/2.0g protein
Third portion 120ml/ 2 x 60ml syringes	= 117kcal/1.3g protein

*Please note: This recipe was designed for children. Your dietitian should help you calculate the right portion for your child. Some children may need smaller portions e.g. a half portion may be adequate for an older/teenage child.

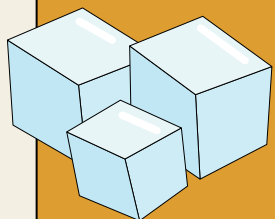
High/Low kcal options

To increase calorie content:

- Add 1 tbsp (15g) extra mascarpone (55kcal)

Blending Instructions:

Spinach topping with 2 pancakes - blend with approximately 150ml water for 3 to 5 minutes. This yields 360ml total blend.



Freezing Instructions:

Pancakes are suitable for home freezing! Once made, pop them in the freezer. To use, defrost the pancakes, make the topping and blend.

Pancakes with salmon, avocado and cream cheese

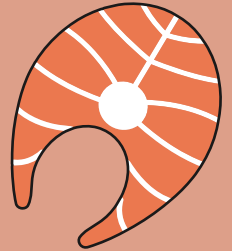
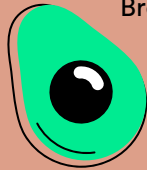
This savoury pancake topping involves no cooking - ideal for a speedy, nutritious meal anytime



Ingredients Checklist:

- 75g tinned salmon, drained or smoked salmon
- 1 whole ripe avocado, skin and seed removed
- 50g cream cheese

Breakfast, lunch, dinner or snack! ✨



Equipment:

Approx 20cm non-stick frying pan



Spoon

Nut-free recipe

*Allergens: recipe contains fish and milk

Total
2 pancakes

Ready in
Approx. 5 mins

Difficulty
Easy

Recipe by Dietitian Cath Fogarty

INSTRUCTIONS:

- 1 Assemble salmon (75g), sliced avocado and cream cheese (50g) on top of your pancake - simple!

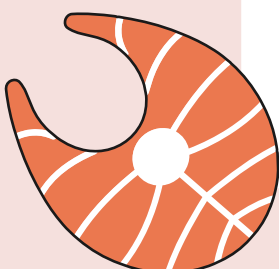
Average nutritional information

522kcal, 25.8g protein, 39.5g fat, 16.7g carbohydrate, 1.4mg iron, 194mg calcium.

High/Low kcal options

To increase calorie content:

- Add 1 tbsp (15g) extra cream cheese (50kcal)



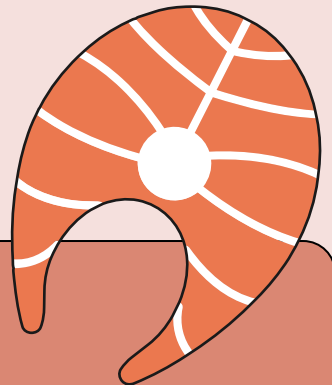
* Allergens: always check the ingredients list of each product used.

Portion Sizes

2 pancakes with salmon topping:

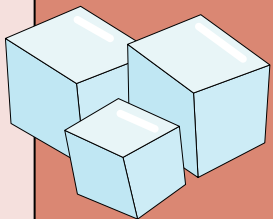
Full portion 420ml/ 7 x 60ml syringes	= 419kcal/22.3g protein
Half portion 210ml/ 3.5 x 60ml syringes	= 209kcal/11.0g protein
Third portion 150ml/ 2.5 x 60ml syringes	= 150kcal/8.2g protein

*Please note: This recipe was designed for children. Your dietitian should help you calculate the right portion for your child. Some children may need smaller portions e.g. a half portion may be adequate for an older/teenage child.



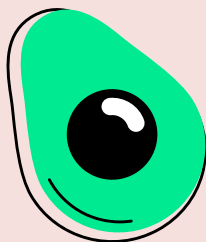
Blending Instructions:

Salmon and avocado topping with 2 pancakes - blend with approximately 180ml water for 3 to 5 minutes. This yields 420ml total blend.



Freezing Instructions:

Pancakes are suitable for home freezing! Once made, pop them in the freezer. To use, defrost the pancakes, make the topping and blend.



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