



NUTRICIA

RECIPE BOOKLET



This recipe booklet is intended for parents or carers of children who have been prescribed Infatrini by a Healthcare Professional.

Infatrini is a Food for Special Medical Purposes for the dietary management of disease related malnutrition and growth failure in infants and young children. It must be used under medical supervision after consideration of all feeding options, including breastfeeding.

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NUTRICIA
Infatrini

Introducing your baby to solid food is an exciting time, as you prepare to transition or 'wean' them from milk alone onto food. Everything is new to a baby at this time, including feeding from a spoon as well as the tastes, textures, sight and smell of the foods they are gradually exposed to.

Many parents find the weaning stage daunting. It can be even more challenging if your child has a medical condition. The recipes in this booklet have been designed to help meet the nutritional needs of babies who require a specialist formula such as *Infatrini*.

Each recipe is quick to prepare and provides delicious food for your baby.



Infatrini

Why is your baby's nutrition so important?

- Nutrition plays a crucial role in your baby's growth and development, both now and in later life. That's why it's so important your baby gets the best possible balance of essential nutrients during their growing years.
- Nutritional intake may be impaired during illness or following surgery. This is because the effects of the illness may increase a baby's nutritional requirements and can reduce their appetite.
- Reduced food intake, together with a possible increase in nutritional needs due to diarrhoea, vomiting, fever or infection, can result in an inadequate nutrient intake and subsequently poor growth.

What is Infatrini?

Infatrini is an energy dense specialised infant feed.

Why does my baby need Infatrini?

Infatrini is a nutritionally complete feed containing energy, protein, vitamins and minerals. *Infatrini* is nutritionally tailored to meet the needs of infants and young children with faltering growth or increased nutritional requirements.

When to use Infatrini

Infatrini should be used as prescribed by your Doctor or Dietitian.

How much Infatrini should I give my baby?

The recommended amount of *Infatrini* that your baby needs should be determined by a Doctor or Dietitian. The volume given to your baby is dependent on their age, body weight and medical condition.

Bottle and cup feeding

Infatrini may be poured from the bottle into a feeding cup/baby bottle. *Infatrini* is sterile* and ready to use at room temperature. It may also be warmed by placing the unopened bottle in a bowl of warm water.

Warning

Remember to test the temperature on your wrist before feeding.

Never put Infatrini in the microwave

It is not recommended to heat any formula in a microwave due to the risk of 'hot spots' in the product, which may cause scalding. It may also affect the nutritional content of the product.

**Infatrini* is UHT sterilised.

Cooking with Infatrini

Infatrini can be used in recipes for your baby, but you should check with your Dietitian first if this is an option for your child. *Infatrini* should be warmed carefully by immersing the unopened bottles in warm water but never boiled, as boiling can affect the nutritional content/delivery. Feed the puree to your child within 30 minutes of preparation. Any food left in the bowl should be discarded straight away, as the spoon used to feed your baby has been in their mouth and contaminated the food.

If you add *Infatrini* to the puree then any extra portions should be stored in the fridge for no longer than 24 hours.

How should I store Infatrini?

- Store in a cool, dry place (5-25°C) and away from direct sunlight.
- Once opened, *Infatrini* bottles should be stored in a refrigerator (<4°C) immediately and unused contents should be discarded within 24 hours. If kept outside the fridge unused contents should be discarded within 4 hours. Always discard unfinished feeds.

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Baby's First Scrambled Egg

Ingredients*

- 1 Medium Egg
- 40ml *Infatrini*

Makes 2 Servings**



Method

- 1 Put the egg in a small saucepan and cover with cold water.
- 2 Bring to a full rolling boil then turn off the heat and cover, leaving the egg to sit in the saucepan for 12 minutes.
- 3 Run the egg under cold water, crack and remove the egg shell.
- 4 Mash the hard-boiled egg with 40ml *Infatrini* until the desired texture is achieved.
- 5 For a smooth consistency the mixture can be blended with a food processor, hand blender or pushed through a sieve.
- 6 Add extra *Infatrini* to thin if required.
- 7 Serve immediately.

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* Allergens may be present, please check individual product labels. If concerned about allergens please contact your healthcare professional.

**The extra portion can be stored in the fridge for up to 24 hours. Please note this recipe cannot be frozen.

Per Small Portion

57 Calories

3.7g Protein

Baby Rice

Ingredients*

- 1 Rounded tbsp Baby Rice
- 5–6 tbsp *Infatrini*

Makes 1 Small Serving

Method

- 1 Mix 1 rounded tablespoon of baby rice with 5 tablespoons of *Infatrini*.
- 2 For a thinner mix add a further tablespoon of *Infatrini*.

Per Serving

122 Calories

3.2g Protein

Baby Rice & Apple

Ingredients*

- ½ Peeled and Cored Eating Apple, Finely Chopped
- 8 Rounded tsp Baby Rice
- 75ml *Infatrini*

Makes 3 Small Servings**

Method

- 1 Place the chopped apple and 3 teaspoons of water in a small dish, cover and microwave on full power for 2 minutes.
- 2 Mash with a fork until there are no lumps, add 75ml *Infatrini* and baby rice and mix well.
- 3 For a smoother texture, blend† in a liquidiser with an additional 20ml *Infatrini*.

Per Serving

45 Calories

1.1g Protein

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Sunshine Breakfast

Ingredients*

- 2 tbsp Banana Baby Cereal
- 5–6 tbsp *Infatrini*

Makes 1 Small Serving

Method

- 1 Mix 2 tablespoons of banana baby cereal with 5 tablespoons of *Infatrini*.
- 2 For a thinner mix add a further tablespoon of *Infatrini*.



Per Serving

123 Calories

3.3g Protein

Apple & Banana Muesli

Ingredients*

- 2 tbsp Apple & Banana Baby Muesli
- 5–6 tbsp *Infatrini*

Makes 1 Small Serving

Method

- 1 Mix 2 tablespoons of apple & banana baby muesli with 5 tablespoons of *Infatrini*.
- 2 For a thinner mix add a further tablespoon of *Infatrini*.

Per Serving

123 Calories

3.3g Protein

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Baked Wholemeal Rusks

Ingredients*

- 1 Slice of Medium Cut Wholemeal Bread, Cut into 4 Fingers
- 50ml *Infatrini*

Makes 4 Rusk Fingers

Method

- 1 Place *Infatrini* in a flat lipped plate and add bread fingers. Soak both sides until all *Infatrini* is absorbed.
- 2 Place on a well oiled non stick baking tray and bake** for about 75 minutes at 140°C.
- 3 Turn after 20 minutes of baking, using a spatula, being careful not to break the fingers which are fragile at this stage.
- 4 Allow to cool down before serving it to your child.

Per Serving

32 Calories

1.2g Protein

Creamed Biscuits

Ingredients*

- 2 Baby Biscuits
- 2-3 tbsp *Infatrini*

Makes 1 Serving

Method

- 1 Crush 2 baby biscuits and mix with 2 tablespoons of *Infatrini*.
- 2 For a thinner mix add a further tablespoon of *Infatrini*.

Per Serving

100 Calories

1.9g Protein

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** Baking *Infatrini* may reduce the vitamin and mineral content of the product. If you have any concerns please contact your healthcare professional.

Red Lentils, Carrot & Coriander Puree

Ingredients*

- 30g Red Lentils
- 50g Small Peeled Carrot, Finely Chopped
- 10ml / 2 tsp Vegetable Oil
- 50–75ml *Infatrini*
- Pinch of Coriander

Makes 3 Small Servings**

Method

- 1 Add lentils to 100ml boiling water in a small pan, cover and simmer for 5 minutes.
- 2 Add carrot, cover and cook for a further 7 minutes or until soft.
- 3 Blend† in a liquidiser or hand-held blender with 2 tsp oil, coriander and 50ml *Infatrini*. Use 75ml *Infatrini*, if a thinner puree is required.

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Per Serving

86 Calories

2.9g Protein

Chicken, Leek & Potato Puree

Ingredients*

- 30g Raw Chicken Breast, Finely Chopped
- 60g Small Peeled Potato, Finely Chopped
- 30g White Part of Leek, Finely Chopped
- 10g Butter
- 75-100ml *Infatrini*

Makes 3 Small Servings**

Method

- 1 Place chicken, potato and leek into a small pan, add 75ml *Infatrini* and simmer for 10 minutes in a covered pan†.
- 2 Blend‡ in a liquidiser or hand-held blender with butter and additional *Infatrini* to give desired consistency.

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Per Serving

83 Calories

3.5g Protein

Shepherd's Pie

Ingredients*

- 90g Raw Minced Lamb
- 180–200g Small Peeled Potatoes Cut into 2cm / 1 inch Cubes
- ½ Small Peeled Onion, Finely Chopped
- ½ Peeled Carrot, Grated
- 1 tsp Tomato Puree
- 1 Pinch of Mixed Herbs
- 1 tsp Butter
- 2 tsp Vegetable Oil
- 15–30ml *Infatrini*



Makes 2 Small Servings**

Method

- 1 Boil potatoes for 10 minutes or until well cooked, drain and mash with butter and *Infatrini* to give a creamy texture.
- 2 Meanwhile, cook minced lamb, onion and carrot in 60ml water for 10 minutes.
- 3 Add tomato puree, oil and mixed herbs and place in a small deep dish or 2 ramekin dishes.
- 4 Top with mashed potato and bake† in the oven at 180°C for 20 minutes or until piping hot and lightly browned.

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Per Serving

211 Calories

10.7g Protein

Beef, Cauliflower & Rice Puree

Ingredients*

- 60g Raw Tender Cut of Lean Beef, Finely Chopped or 30g Cooked Lean Roast Beef, Finely Chopped
- 30g / 3 Small Cauliflower Florets (without stalks), Cut into Small Pieces
- 15g Uncooked Long Grain Rice
- 10ml / 2 tsp Vegetable Oil
- 60-100ml *Infatrini*

Makes 3 Small Servings**

Method

- 1 Simmer raw beef (if used) in 60ml water for ten minutes until cooked.
- 2 Boil rice in 150ml water, adding cauliflower after five minutes. Continue to boil until cooked (approx a further 10 minutes). Add the cooked meat (if used) 3 to 4 minutes before the rice is cooked, to heat through.
- 3 Finally, blend† the meat, rice, cauliflower, oil, 60ml *Infatrini* and 30ml of cooking juices or water in a liquidiser. Use additional *Infatrini* if a thinner puree is required.

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Per Serving

93 Calories

3.8g Protein

White Sauce

Ingredients*

- 10g Margarine
- 10g Plain Flour
- 100ml *Infatrini*



Makes 2 Small Servings**

Method

- 1 Melt the margarine in a small saucepan.
- 2 Stir in the flour and beat with a wooden spoon for 1-2 minutes until a smooth paste is formed (known as a roux).
- 3 Add 20ml of *Infatrini* at a time, stirring well to incorporate fully before adding the next 20ml.
- 4 Once all 100ml has been added simmer† until the sauce thickens and coats the back of the spoon. Add more *Infatrini* if a thinner sauce is required.

This versatile sauce can be added to many foods. For younger babies it can be stirred into purees and for older babies can be added to pasta and vegetables.

Per Serving
105 Calories
1.8g Protein

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