

This book is intended for parents or carers of infants who have been prescribed Aptamil Pepti by a healthcare professional.

FOOD FOR THOUGHT

RECIPE BOOK



IMPORTANT NOTICE: Breastfeeding is best. Aptamil Pepti 1 & 2 are foods for special medical purposes for the dietary management of cow's milk allergy. They should only be used under medical supervision, after full consideration of the feeding options available including breastfeeding. Aptamil Pepti 1 is suitable for use as the sole source of nutrition for infants from birth, and/or as part of a balanced diet from 6-12 months. Aptamil Pepti 2 is only suitable for infants from 6 months as part of a mixed diet.

INTRODUCTION

Weaning, or introducing your infant to their first solid foods, can be both exciting and nerve-wracking. Although they may not eat much to begin with, learning to eat from a spoon or with their fingers, and accept new tastes and textures, marks a significant stage in their development.

There are lots of recipe books for parents with infants who have no allergies. These books help parents prepare a whole variety of tasty meals. But what happens when an infant has been diagnosed with cow's milk protein allergy?

This booklet has been developed to support those parents of children who have been diagnosed with cow's milk protein allergy. It features a range of nutritious, delicious recipes for infants weaned onto a solid diet, and is packed with nutritional analysis, help, information and advice. All meals are easy to prepare and designed to develop healthy eating habits from a young age.

All of the recipes and supporting information has been expertly prepared by Tanya Wright BSc Hons, MSc (Allergy), a specialist Registered Dietitian working within the Allergy Service at Guy's and St. Thomas' Hospital, London. Tanya specialises in adult and paediatric food allergy and intolerance, and is the author of several food allergy and recipe books.

These recipes have also been tested by Mary Cadogan, a food writer, stylist and teacher. Mary was Food Director at BBC Good Food Magazine for many years. She now writes a regular blog and runs cookery workshops from her home in Somerset.

If you want any further information on cow's milk allergy or weaning visit **www.aptaclub.ie** or call our **Careline on 1800 22 12 34** where our dedicated team of nutritionists and feeding advisors will be happy to help.



The recipes in this book

Introducing your infant to a variety of new foods when they start weaning will help them get all the vitamins, minerals and nutrients they need to grow and develop healthily. It will also mean they are more likely to eat a similarly varied and balanced diet later in life.

The recipes in this book have been developed with a combination of flavours and textures. By introducing your infant to as many new flavours and textures as possible when they start weaning, you'll be giving them the opportunity to acquire more new tastes and have a healthier, balanced diet as they grow up. None of the recipes have added salt and they are all nutritious, tasty and easy to cook.

Aptamil Pepti has been used as a milk substitute in most of these recipes. You can also use it when adapting your own recipes. If you also wish to use the recipes for the rest of the family you can substitute the Aptamil Pepti for cow's milk or an alternative dairy free milk. But be careful not to get this mixed up with your infant's food.

Most of the recipes can be frozen in portions but please see the advice on each individual recipe regarding preparation and freezing, making sure you label all frozen foods carefully and date them too.



What if a recipe contains an ingredient my infant is allergic to?

Each recipe is clearly coded and a full ingredients list has been included to help identify any unsuitable recipes.

Because Aptamil Pepti is made from extensively hydrolysed cow's milk the recipes cannot be coded as milk free. None of the recipes contain any whole cow's milk protein, dairy products or derivatives of these.

Aptamil Pepti is designed for the dietary management of cow's milk allergy, so the milk proteins present have been broken down (hydrolysed) and have a very low allergenicity.

THE RIGHT TEXTURE

Starting solids is a major stage in your infant's development, and there's a lot for them to learn. So it is important to let your infant lead the way and wait until they show signs that they are ready. These signs include:

- Infant does not seem satisfied after feeding or is feeding more frequently for longer than a week (if less than a week it may be a growth spurt so hold off for now).
- Showing an interest in food – may be watching you while eating or reaching out for food.
- If infant is chewing and dribbling more frequently and putting their hands in their mouth (this can also be caused by teething so look out for other signs too!).
- They are able to sit up with support and have head control.

To find out more about the signs you should look for, visit www.aptaclub.ie

Once your infant is displaying all of the signs they are ready for weaning, it's time to get started. It is important in this time that you blend your infant's food to stage.

Stage 1

Between 4-6 months
(not before 17 weeks)

Number of meals per day:

2-3 meals/day

Average meal size:

5-10 teaspoons

Consistency:

Smooth thin purée without any lumps

Suitable Foods:

Milk-free cereals* e.g. baby rice, porridge, baby cereal. Puréed vegetables e.g. carrots, squash, potato. Peeled and puréed fruit e.g. banana and pear. Well cooked chicken, fish, meat and eggs.

Stage 2

6-9 months

Number of meals per day:

3 meals/day

Average meal size:

2-4 tablespoons

Consistency:

Thick with soft lumps

Suitable Foods:

Well-cooked eggs, chicken or mince. White and oily fish (boned and skinless), milk free yoghurts*, pasta, noodles, rice, bread*.

Stage 3

9-12 months

Number of meals per day:

3 meals/day
plus 2-3 snack

Average meal size:

4-6 tablespoons

Consistency:

Chunky mashed texture, moving to chopped, bite size pieces.

Suitable Foods:

Most family foods are now suitable but do not add sugar, salt, honey, or normal cow's milk. Encourage finger foods such as mango, melon, banana, toast fingers, pasta shapes.

*Always check food labels to make sure it's milk-free. If it contains milk, the word 'Milk' will be in Bold text in the ingredients list.



RECIPES

1.	Supergrain porridge	12.	Mint pea and broccoli mash
2.	Scrambled tofu	13.	Brown lentil shepherd's pie with celeriac mash
3.	Savoury pancakes with avocado and smoked salmon	14.	Lentil squash curry
4.	Date and apricot cereal bars	15.	Polenta fingers
5.	Strawberry smoothie	16.	Cannellini bean dip
6.	Sweet potato and butternut squash soup	17.	Quinoa tabbouleh salad
7.	Hot chicken in creamy sauce	18.	Buckwheat wraps
8.	Pasta bolognese	19.	Superfood rice pudding
9.	Fish pie with sweet potato mash	20.	Avocado chocolate pots
10.	Lamb tagine	21.	Mango pudding
11.	Tuna and asparagus pasta salad with tomatoes		

Allergen coding for recipes

EF	=	egg free
NF	=	nut free
SF	=	soya free
WF	=	wheat free
GF	=	gluten free
DF	=	dairy free

Please note: We cannot call recipes milk free if they contain formula as the formula is made from hydrolysed cow's milk.

Remember to check the full ingredients listing of any/all manufactured foods used.

Serving sizes are a guideline only.

Freezing instructions

The following symbol will appear on any recipes suitable for freezing along with the number of months it can be frozen.





SUPERGRAIN PORRIDGE



SERVES 2

Allergy Information: SF, EF, WF, GF, NF

Prep time: 5 minutes

Cook time: 10–15 minutes

INGREDIENTS:

50g porridge oats (gluten free,
if you prefer) amaranth flakes,
buckwheat flakes or quinoa flakes

350 ml Aptamil Pepti
1/2 teaspoon chia seeds
1/2 teaspoon flax seeds

METHOD:

- 1 | Prepare formula as per instructions on pack.
- 2 | Tip the flakes, seeds and formula into a small saucepan and heat gently, stirring, until it comes to the boil.
- 3 | Reduce the heat and simmer uncovered for 5–10 minutes, stirring occasionally until all the formula has been absorbed into the porridge and the flakes are tender.

Per serving

Energy	Protein	Carbohydrates	Fat	Iron	Calcium	Sodium
225 kcal	7g	31g	8g	4mg	161mg	45mg



TIPS:

- ✦ Can be served with a dollop of fruit purée such as apple or pear, or soft fruits such as raspberries or strawberries.
- ✦ For older children add a little fresh chopped apple, a tablespoon of sultanas or a couple of finely chopped ready to eat dried apricots or dates at step 1.
- ✦ When reheating the porridge you may need to add a little extra formula to loosen it.

SCRAMBLED TOFU



SERVES 4

Allergy Information: EF, NF, contains soya.

Prep time: 10 minutes

Cook time: 5–8 minutes

INGREDIENTS:

1 tablespoon olive oil
1/2 onion, finely chopped

1 garlic clove, crushed
1 tablespoon plain flour
200ml of Aptamil Pepti

200g block of tofu
1/2 teaspoon powdered turmeric

1/2 teaspoon dried oregano
4 cherry tomatoes finely chopped
1/4 teaspoon Dijon or English mustard

Handful of washed baby spinach leaves, stalks removed and finely chopped

METHOD:

- 1 | Heat the oil in a non-stick pan.
- 2 | Add the onion and garlic and fry until softened, about 5 mins.
- 3 | Stir in the flour, then cook for 1 min.
- 4 | Mix formula as per instructions and gradually add to mixture, stirring well until it is thickened and smooth.
- 5 | Mash the tofu with a fork until it resembles scrambled egg, then stir into the sauce with the turmeric, oregano, tomatoes and mustard.
- 6 | Cook for 1–2 mins, then stir in the spinach and cook briefly until wilted.

Per serving

Energy	Protein	Carbohydrates	Fat	Iron	Calcium	Sodium
256kcal	6g	10g	5g	2mg	144mg	25mg

TIPS:

- ★ For older children add a little finely chopped bacon with the onion.
- ★ Mixture can also be added to rice to make it more substantial.
- ★ Can be stored in the fridge for up to 2 days and reheated to serve.





SAVOURY PANCAKES WITH AVOCADO AND SMOKED SALMON



MAKES 10 SMALL PANCAKES

Allergy Information: EF, NF, SF, contains wheat and gluten

Prep time: 5 minutes

Cook time: 2-3 minutes per pancake

INGREDIENTS:

125g plain flour
300ml of Aptamil Pepti, cooled
A little vegetable oil
1 ripe avocado
2-3 slices smoked salmon
A little lemon juice

METHOD:

- 1 | Prepare formula as per instructions on pack.
- 2 | Tip the flour into a large bowl and make a well in the centre. Gradually add the formula, stirring all the time with a wooden spoon to make a smooth thin batter.
- 3 | Heat a little oil into a small non-stick frying pan.
- 4 | When oil is hot pour a large tablespoon of mixture into the pan, swirling the pan to make a pancake about 12cm across. Cook for around 1 minute until the pancake has turned creamy coloured with no raw batter visible, then flip over using a palette knife and cook for a further minute until golden. Slide onto a flat plate while cooking the remaining pancakes.
- 5 | Mash up the avocado, then cover each pancake with a small slice of smoked salmon, spread with a little avocado and a drizzle of lemon juice, then roll up and serve.

Per serving

Energy	Protein	Carbohydrates	Fat	Iron	Calcium	Sodium
132kcal	6g	13g	5g	1mg	43mg	290mg

TIPS:

- ✦ Cut each pancake in half to make it easier to eat with the fingers.
- ✦ Swap the flour for a wheat free/gluten free alternative (e.g. buckwheat flour, rice flour) to make wheat free/gluten free pancakes.
- ✦ For a sweet version drizzle each pancake with a little agave syrup and a squeeze of lemon juice, or fill with a little mashed banana and roll up.
- ✦ These pancakes freeze well wrapped in foil.

DATE AND APRICOT CEREAL BARS



MAKES 12 SMALL BARS

Allergy Information: SF, EF, WF, GF, NF

Prep time: 10 minutes

Cook time: 12-15 minutes

INGREDIENTS:

50g oats (or you can use gluten free oats, buckwheat flakes, amaranth flakes, quinoa flakes or millet flakes)

100g dried apricots, finely chopped

150g pitted dates, finely chopped

1 rounded teaspoon smooth peanut or almond butter (optional)

METHOD:

- 1 | Preheat oven to 180°C/fan 160°C/Gas 4.
- 2 | Put all the ingredients into a bowl and mix well, then mix together using clean hands until it forms a paste and all the ingredients are evenly mixed.
- 3 | Press the mixture evenly onto baking tray lined with baking paper to make a 13-14cm square.
- 4 | Cook the bars for 12-15 minutes until golden.
- 5 | Remove from the oven and cut into six one way and two the other to make 12 bars.
- 6 | Leave to cool and serve.

Per bar

Energy	Protein	Carbohydrates	Fat	Iron	Calcium	Sodium
71kcal	1g	15g	1g	0.75mg	19mg	10mg

TIPS:

- ★ Stores well in an airtight tin for up to a week and can be enjoyed by all the family.
- ★ Serve with Strawberry smoothie for a healthy balanced breakfast or snack.





STRAWBERRY SMOOTHIE



SERVES 2

Allergy Information: SF, EF, WF, GF, NF

Prep time: 5 minutes

INGREDIENTS:

250ml Aptamil Pepti

300g ripe strawberries

1 ripe banana, peeled and chopped

METHOD:

- 1 | Prepare formula as per instructions on pack.
- 2 | Place all ingredients into a blender or liquidiser and blend until smooth.

Per serving

Energy	Protein	Carbohydrates	Fat	Iron	Calcium	Sodium
171kcal	4g	31g	4g	3mg	113mg	37mg

TIPS:

- ★ When strawberries are out of season try using frozen – bags of mixed soft fruits which are readily available, though if they contain pips these will need to be sieved out. The FSAI advises that all imported frozen berries should be boiled for one minute before consumption.
- ★ The smoothie mixture can also be poured into lolly moulds and frozen to make lollies for older children.





SWEET POTATO AND BUTTERNUT SQUASH SOUP



SERVES 2

Allergy Information: SF, EF, WF, GF, NF

Prep time: 10 minutes

Cook time: 15-20 minutes

INGREDIENTS:

200g sweet potato

200g butternut squash

400ml Aptamil Pepti

1 teaspoon coconut milk or cream

METHOD:

- 1 | Peel and dice the vegetables and place in a large pan with the formula prepared as per instructions on pack.
- 2 | Bring to a simmer, then partially cover and cook gently until the vegetables are softened. Stir in the coconut.
- 3 | Purée the soup with a hand held blender or in a liquidiser until smooth.
- 4 | Serve.

Per serving

Energy	Protein	Carbohydrates	Fat	Iron	Calcium	Sodium
211kcal	4g	41g	5g	2mg	133mg	48mg

TIPS:

- ★ Grate nutmeg on top just before serving for extra flavour.
- ★ Drizzle a little extra coconut cream over the soup to serve.



HOT CHICKEN IN CREAMY SAUCE



SERVES 4

Allergy Information: EF, NF

Prep time: 15 minutes

Cook time: 15-20 minutes

INGREDIENTS:

1 tablespoon olive oil
1 small onion, finely chopped
1 clove garlic, peeled and crushed
1 small red pepper finely chopped
1/2 teaspoon dried tarragon
200g skinless boneless chicken breast, cut into small cubes
1 tablespoon plain flour
1 large teaspoon dairy free spread or olive oil
300ml Aptamil Pepti
A handful of chopped baby spinach
Rice, couscous or quinoa to serve

METHOD:

- 1 | Heat oil in a pan, add onion, garlic and pepper and cook gently until softened and lightly coloured, about 5 mins.
- 2 | Stir in the tarragon, then add the cubed chicken and stir until it changes colour. Cook gently for 5 mins while you prepare the white sauce.
- 3 | To make the sauce: Prepare formula as per instructions on pack.
- 4 | Put flour, teaspoon of dairy free spread or oil and hot formula into a bowl and whisk until it thickens.
- 5 | Add white sauce to the chicken mixture and simmer gently for a further 5 mins, then stir in the spinach and cook for a minute or two until wilted.
- 6 | Serve with rice, couscous or quinoa.

Per serving

Energy	Protein	Carbohydrates	Fat	Iron	Calcium	Sodium
183kcal	13g	12g	9g	2mg	86mg	81mg

TIPS:

- ✦ To make this dish vegetarian omit the chicken and use tofu cubes or any cooked beans instead.
- ✦ For a gluten free option replace the flour with GF/WF plain flour or use cornflour or rice flour instead.

PASTA BOLOGNAISE



SERVES 4

Allergy Information: SF, EF, NF

Prep time: 10 minutes

Cook time: 50 minutes

INGREDIENTS:

Bolognaise

1 tablespoon olive oil

1 onion, finely chopped

2 cloves garlic, peeled and crushed

250g beef, lamb, pork or soya mince, or cooked brown lentils

1 red pepper, finely chopped

2-3 button mushrooms (optional), finely chopped

400g tin chopped tomatoes

1 teaspoon tomato purée

Good pinch of oregano or mixed herbs

Pasta

50g pasta, such as fusilli or any other small shapes, or spaghetti broken into short lengths

250ml Aptamil Pepti

METHOD:

- 1 | Heat the oil in a pan, add the onion, garlic and mince (or soya mince) and cook until brown, stirring all the time to break up the mince.
- 2 | Add the red pepper, mushrooms, if using, chopped tomatoes, tomato purée and herbs and stir well. Add the lentils now if using.
- 3 | Bring to the boil, then reduce the heat and simmer gently for 45 mins until the mince is tender. If using cooked lentils reduce the 1 hour cooking time to 20 mins.
- 4 | Whilst bolognaise is cooking prepare formula as per instructions on pack.
- 5 | Put the pasta and formula in a pan and simmer on a very low heat stirring occasionally until the pasta has absorbed all the formula, this takes 20-30 minutes.
- 6 | When ready spoon the pasta and bolognaise into a small bowl and serve.

Per serving

Energy	Protein	Carbohydrates	Fat	Iron	Calcium	Sodium
328kcal	17g	21g	20g	4mg	90mg	108mg

TIPS:

- ✦ This dish can be made wheat and gluten free by replacing the pasta and flour with a WF/GF alternative.
- ✦ Make double quantity of the bolognaise and freeze in portions to save time later.





FISH PIE WITH SWEET POTATO MASH

SERVES 4

Allergy Information: EF, NF

Prep time: 20 minutes

Cook time: 20 minutes

INGREDIENTS:

Topping

500g sweet potatoes, peeled and cubed

3 tablespoons Aptamil Pepti

1/4 tsp allspice

Grating of nutmeg or 1/4 teaspoon ground nutmeg

Juice of 1/2 fresh lime

Fish filling

2 tablespoons olive oil

150g mixed fish cut into bite sized chunks

50g small cooked prawns or larger prawns, chopped (for older children)

10 baby asparagus spears, steamed until soft (or a handful of chopped spinach)

For the white sauce

1 tablespoon plain flour

1 large teaspoon dairy free spread or olive oil

300ml Aptamil Pepti

2 tablespoons coconut cream or tinned coconut milk that has been in the fridge (use the top thick layer of cream from this)

Per serving

Energy	Protein	Carbohydrates	Fat	Iron	Calcium	Sodium
321kcal	14g	27g	17g	4mg	107mg	281mg

TIPS:

- ★ This dish can be made wheat and gluten free by replacing the plain flour with WF/GF plain flour, cornflour or rice flour.
- ★ For added texture grill the sweet potato topping until golden brown.



METHOD:

- 1 | Boil or steam the sweet potato cubes until soft, about 10-15 mins.
- 2 | Whilst cooking, prepare the formula as per instructions on pack.
- 3 | When the sweet potato is cooked, mash with the formula over heat to drive off any excess liquid.
- 4 | Stir in the allspice and nutmeg.
- 5 | In the meantime put the fish in a dish and cover with cling film. Pierce the film and cook the fish in the microwave for 3-5 mins until tender. Remove and discard any skin and bones.
- 6 | Prepare formula and pour into a jug. Whisk the flour and spread into the hot formula until it is thickened and smooth, then whisk in the coconut and lime juice.
- 7 | Add the steamed asparagus or spinach and stir well, the heat of the white sauce will wilt the spinach (if using).
- 8 | Put the fish and prawns into an ovenproof dish and pour over the sauce.
- 9 | Top the fish mixture with the sweet potato mash and serve.





LAMB TAGINE



SERVES 4

Allergy Information: SF, EF, WF, GF, NF

Prep time: 10-15 minutes

Cook time: 1 hour 30 minutes

INGREDIENTS:

- 1 tablespoon olive oil
- 200g stewing lamb, cut into small cubes
- 1/2 onion finely chopped
- 1 garlic clove finely chopped
- 400ml Aptamil Pepti
- 1/2 teaspoon ground cumin
- 1/2 teaspoon ground cinnamon
- 1/4 teaspoon ground ginger
- 1 teaspoon date syrup or agave syrup
- 1 tablespoon tomato purée
- 1/4 orange with the peel left on, finely chopped
- 1/2 cinnamon stick
- 40g prunes, pitted, finely chopped
- 40g ready to eat dried apricots, finely chopped

METHOD:

- 1 | Preheat the oven to 180°C/fan 160°C/Gas 4.
- 2 | Heat the oil in a large ovenproof casserole dish with a lid, add the lamb and cook on high until it is browned, stirring all the time.
- 3 | Add onion and garlic, lower the heat and fry for 5 mins until the onion is softened.
- 4 | Prepare formula as per instructions on pack.
- 5 | Add the formula, spices, tomato purée and date syrup to the lamb and bring to the boil, stirring.
- 6 | Cover tightly and put in the oven for 1 hour.
- 7 | Stir in the orange, cinnamon stick, prunes and apricots, return to the oven and cook for a further 30 minutes.
- 8 | Remove the cinnamon stick and serve with quinoa, millet or buckwheat couscous.

Per serving

Energy	Protein	Carbohydrates	Fat	Iron	Calcium	Sodium
419kcal	18g	23g	11g	6mg	100mg	62mg

TIPS:

- ✦ Use 200g tinned or cooked chickpeas instead of lamb to make a vegetarian alternative and reduce the initial cooking time to 20 mins.
- ✦ If you prefer the dish can be cooked on the hob in a covered saucepan.

TUNA AND ASPARAGUS PASTA SALAD WITH TOMATOES



SERVES 2

Allergy Information: SF, EF, NF

Prep time: 5 minutes

Cook time: 25–30 minutes

INGREDIENTS:

50g pasta shapes such as penne or fusilli
250ml Aptamil Pepti
1x160g tin tuna or 100g piece of fresh tuna pan fried
6 baby asparagus tips, sliced
4 baby plum or cherry tomatoes

METHOD:

- 1 | Prepare formula as per instructions on pack.
- 2 | Tip the pasta and formula into a pan and bring to the boil, then reduce the heat and simmer on a very low heat, covered, until the pasta has absorbed all the formula and is tender, this will take about 25–30 minutes.
- 3 | In the meantime drain and flake the tuna, steam the asparagus (in the microwave if you have one) and finely chop the tomatoes.
- 4 | When the pasta is ready, mix all the ingredients together and serve warm or cold.

Per serving

Energy	Protein	Carbohydrates	Fat	Iron	Calcium	Sodium
282kcal	28g	31g	5g	3mg	112mg	341mg

TIPS:

- ✦ Drizzle with garlic infused olive oil and sprinkle with parsley for extra flavour.
- ✦ For younger children who are unable to manage the texture of raw tomatoes these can be peeled and cooked or use mashed avocado instead.
- ✦ Dish can be made wheat and gluten free by replacing the pasta with a WF/GF alternative.



MINT PEAS AND BROCCOLI MASH



SERVES 2

Allergy Information: SF, EF, WF, GF, NF

Prep time: 5-10 minutes

Cook time: 15-20 minutes

INGREDIENTS:

1 large potato, peeled and cubed

50g frozen peas

6 fresh mint leaves

25g broccoli, cut into small pieces

100ml Aptamil Pepti

METHOD:

- 1 | Put the potato into a small pan, cover with water and bring to the boil. Simmer for 12-15 mins until tender, then drain well and mash until smooth.
- 2 | Meanwhile put the peas and broccoli in a separate pan, cover with boiling water and cook for 5 mins until tender. Drain well then blend until smooth.
- 3 | Prepare the formula as per instructions on pack. Mash the green veg purée into the potato, then mash in the formula.
- 4 | Return the pan to the heat to drive off any excess moisture.

Per serving

Energy	Protein	Carbohydrates	Fat	Iron	Calcium	Sodium
122kcal	4g	23g	2g	2g	66mg	43mg

TIP:

- ✦ Replace the potato with sweet potato if you prefer.



BROWN LENTIL SHEPHERD'S PIE WITH CELERIAC MASH



SERVES 4

Allergy Information: EF, NF

Prep time: 15 minutes

Cook time: 30 minutes

INGREDIENTS:

Lentil mixture

- 1 tablespoon olive oil
 - 1 onion, finely chopped
 - 2 cloves garlic, crushed
 - 1 red pepper, finely chopped
 - 1 stick celery, finely chopped
 - 200g cooked brown lentils (tinned or boil your own)
 - 200g celeriac, peeled and chopped
 - A little dairy free spread or olive oil
 - 3 tablespoons Aptamil Pepti
 - A little pepper, to season
- ### For the thick white sauce
- 1 1/2 tablespoon plain flour
 - 1 large teaspoon dairy free spread or olive oil
 - 250ml Aptamil Pepti

METHOD:

- 1 | Heat oil in a pan, add the onions and garlic and cook until softened, about 5 mins.
- 2 | Add the chopped peppers, celery, seasoning and the drained lentils.
- 3 | Cook for 15 minutes, uncovered, stirring occasionally.
- 4 | Whilst the lentil mixture is cooking prepare the celeriac mash.
- 5 | Put the celeriac in a pan and cover with water. Bring to the boil, then simmer for 15–20 mins until tender. Drain well, then mash in the prepared formula and a little spread.
- 6 | To make the white sauce pour the freshly prepared hot formula into a jug, add the flour and spread and whisk well until it thickens.
- 7 | To serve, spoon the lentil mixture into a deep dish, spoon over the sauce and top with celeriac mash.

Per serving

Energy	Protein	Carbohydrates	Fat	Iron	Calcium	Sodium
317kcal	15g	42g	10g	5mg	124mg	112mg

TIPS:

- ★ This dish can be made wheat and gluten free by replacing the plain flour with WF/GF plain flour, cornflour or rice flour.
- ★ To cook lentils put in a pan with plenty of water to cover (no salt) and bring to the boil. Simmer for 25–35 mins until the lentils are tender, then drain well. Freeze in portions for later use.





LENTIL SQUASH CURRY



SERVES 4

Allergy Information: SF, EF, WF, GF, NF

Prep time: 20 minutes

Cook time: 35 minutes

INGREDIENTS:

1 tablespoon vegetable oil
1 clove garlic finely chopped
1 small onion, finely chopped
Fingernail size piece of ginger,
peeled and finely grated
1/3 of a butternut squash, peeled
and chopped into chunks
Approx 2 teaspoons of creamed
coconut

85g dried red lentils
1 teaspoon mild curry powder
1 low salt stock cube
500ml Aptamil Pepti
Handful of baby spinach chopped
2 teaspoons finely chopped
coriander, optional

METHOD:

- 1 | Heat oil in a large pan, add the garlic, onion, and ginger and fry gently for about 5 mins until softened and lightly golden.
- 2 | Add the butternut squash chunks, coconut, lentils, and curry powder. Cook for a further 2 minutes.
- 3 | Prepare the formula as per instruction on pack. Dissolve the stock cube in the hot formula and add to the pan. Bring to the boil, then reduce the heat and simmer, stirring occasionally, for 25-30 minutes until the lentils are tender.
- 4 | Add chopped spinach and coriander, if using and cook briefly to wilt the spinach.
- 5 | Serve with rice, quinoa or wraps.

Per serving

Energy	Protein	Carbohydrates	Fat	Iron	Calcium	Sodium
248kcal	9g	34g	9g	4mg	142mg	109mg



POLENTA FINGERS



MAKES 12 FINGERS

Allergy Information: SF, EF, WF, GF, NF

Prep time: 5-10 minutes, plus cooling time

Cook time: 10 minutes

INGREDIENTS:

200ml Aptamil Pepti

50g polenta

1 tablespoon olive oil

1 clove garlic, crushed

1/2 teaspoon dried mixed herbs
or oregano

METHOD:

- 1 | Prepare the formula as per instructions on pack. Heat the formula in a pan, stir in the polenta, then cook, stirring continuously until the mixture thickens.
- 2 | Spoon the mixture into a tray lined with baking paper and spread to an 18cm square. Leave to cool completely, about 2 hours (or overnight if more convenient).
- 3 | When cold use a sharp knife to cut into eight one way and in half the other to make 16 small rectangles.
- 4 | Heat the oil in a non-stick pan and add the herbs.
- 5 | Fry the polenta chips until golden on both sides, then stir in the garlic and cook gently for a couple of minutes taking care not to burn it.
- 6 | Tip the chips onto kitchen paper to drain.
- 7 | Delicious hot or cold.

Per serving

Energy	Protein	Carbohydrates	Fat	Iron	Calcium	Sodium
465kcal	7g	61g	2g	3mg	184mg	52mg

TIPS:

- ✦ Can be served as a side dish, a snack, at a picnic or with a dip.
- ✦ Make a quick dip to serve with the fingers by blitzing a 400g tin of cannellini beans, a couple of chopped ripe tomatoes and a little chopped red pepper.



CANNELLINI BEAN DIP

3 MONTHS

SERVES 4

Allergy Information: SF, EF, WF, GF, NF

Prep time: 5 minutes

INGREDIENTS:

- 1/2 400g tin cannellini beans
(or you can use butter beans or chick peas), drained and rinsed
- 2 cloves garlic
- 1 tablespoon olive oil
- 2 tablespoons tahini (sesame paste) - optional
- Juice of 1/2 lemon
- 1 ripe avocado, chopped
- 100ml Aptamil Pepti
- Spring onions, finely chopped for older children

METHOD:

- 1 | Prepare formula as per instructions on pack.
- 2 | Put beans, garlic, olive oil, tahini, lemon and avocado in a blender with the formula and blend until smooth.
- 3 | Stir in the chopped spring onions, if using.

Per serving

Energy	Protein	Carbohydrates	Fat	Iron	Calcium	Sodium
347kcal	13g	31g	17g	5mg	105mg	51mg

TIPS:

- ★ Add a small chopped baby beetroot with the avocado for a boost of flavour and colour.
- ★ Can be served with polenta chips (opposite page), pittas, peeled cucumber sticks, or on a jacket potato.





QUINOA TABBOULEH SALAD



SERVES 4

Allergy Information: SF, EF, WF, GF, NF

Prep time: 5 minutes

Cook time: 20 minutes

INGREDIENTS:

50g quinoa

200ml Aptamil Pepti

1/3 cucumber, peeled and finely chopped

6 cherry tomatoes, finely chopped

1/4 red onion, finely chopped

2 tablespoons finely chopped parsley

2 tablespoons finely chopped mint

Juice of 1/4 lemon

1 tablespoon olive oil

METHOD:

- 1 | Prepare the formula as per instructions on pack. Simmer the quinoa in the formula on very low until all the formula has been absorbed (approx. 20 minutes) stirring occasionally.
- 2 | Tip the quinoa into a bowl and stir in all the other ingredients. Mix well.

Per serving

Energy	Protein	Carbohydrates	Fat	Iron	Calcium	Sodium
123kcal	3g	14g	6g	2mg	62mg	24mg



TIPS:

- ★ Add some beans to add protein to this meal.
- ★ The quinoa can be replaced with rice or amaranth if you prefer.

BUCKWHEAT WRAPS



MAKES 6 WRAPS

Allergy Information: SF, EF, WF, GF, NF

Prep time: 10 minutes

Cook time: 5 minutes

INGREDIENTS:

100g buckwheat flour

160ml Aptamil Pepti

A little vegetable oil, for frying

METHOD:

- 1 | Mix formula as per instructions on pack: cool.
- 2 | Tip the buckwheat flour into a large bowl and make a well in the centre. Gradually add the formula, beating with a wooden spoon to make a smooth batter. Leave to stand for 10 minutes.
- 3 | Stir the batter. Heat a little oil in a small non stick frying pan. Add 2 tablespoons of batter to the centre of the pan to make a 12-13cm wrap and cook for 1-2 mins until golden brown underneath. Flip over using a palette knife and cook for a further min, then slide onto a plate. Add a little more oil to the pan and continue to cook the wraps - you should have enough mixture to make six wraps.

Per wrap

Energy	Protein	Carbohydrates	Fat	Iron	Calcium	Sodium
119kcal	3g	14g	6g	1mg	24mg	8mg

TIPS:

- ★ If you prefer to use gram (chickpea) flour use 220ml formula following the same instructions above.
- ★ As there is no gluten or egg in the batter the wraps will tend to crack a little when rolled.
- ★ To freeze, cool the wraps and wrap in foil.





SUPERFOOD RICE PUDDING



SERVES 2

Allergy Information: SF, EF, WF, GF, NF

Prep time: 5 minutes

Cook time: up to 1 hour 30 minutes

INGREDIENTS:

25g pudding or short grain rice

300ml Aptamil Pepti

1 tablespoon chia seeds

1 tablespoon flax seeds

2 tablespoons goji berries

METHOD:

- 1 | Prepare formula as per instructions on pack.
- 2 | Measure all the ingredients into a pan.
- 3 | Bring to a gentle simmer then cook on a very low heat, partially covered, for 1-1 1/2 hours, stirring often, or until all the formula has been absorbed into the rice. If the rice absorbs all the formula before it is tender add a little more formula.
- 4 | Serve warm on its own or with mashed banana or puréed fruit.

Per serving

Energy	Protein	Carbohydrates	Fat	Iron	Calcium	Sodium
235kcal	7g	31g	10g	4mg	175mg	45mg

TIP:

- ★ Rice pudding can be stored in the fridge for up to 2 days and reheated but you may need to add more formula to loosen it.

AVOCADO CHOCOLATE POTS



SERVES 2

Allergy Information: SF, EF, WF, GF, NF

Prep time: 5 minutes

INGREDIENTS:

- 1 large ripe avocado, halved, stoned and chopped
- 5 tsp cocoa powder
- 4 tablespoons agave syrup
- 1 teaspoon vanilla extract
- 4 tablespoons Aptamil Pepti

METHOD:

- 1 | Tip all the ingredients into a blender or mini chopper and blend to a smooth paste.
- 2 | Divide the mixture between two small dishes and chill for at least 1 hour or until ready to serve.

Per serving

Energy	Protein	Carbohydrates	Fat	Iron	Calcium	Sodium
382kcal	7g	6g	49g	3mg	54mg	152mg

TIPS:

- ★ The pots can be stored in the fridge for up to 2 days.









MANGO PUDDING



SERVES 2

Allergy Information: SF, EF, WF, GF, NF

Prep time: 5 minutes, plus 2 hours chilling

INGREDIENTS:

1/2 ripe mango

150ml Aptamil Pepti

2 tablespoons chia seeds

METHOD:

- 1 | Prepare the formula as per pack instructions.
- 2 | Peel and chop the mango flesh, then purée in the blender.
Mix the formula, chia and half the puréed mango.
- 3 | Pour into a dish and chill for 2 hours.
- 4 | Top with remaining mango puree and serve.

Per serving

Energy	Protein	Carbohydrates	Fat	Iron	Calcium	Sodium
176kcal	4g	26g	7g	2mg	151mg	27mg

TIPS:

- ✦ Try using other fruit purées, apple, pear, apricot or peach work well.
- ✦ This dessert will keep well in the fridge for up to 2 days.



VISIT APTACLUB
for further information on
COW'S MILK ALLERGY AND WEANING



www.aptaclub.ie