



NEOCATE JUNIOR RECIPE BOOK

This recipe book is intended for parents or carers of children who have been prescribed Neocate Junior by a Healthcare Professional

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INTRODUCTION



This recipe book has been designed for parents or carers of children over 1 year of age who have been prescribed **Neocate Junior**. This book provides you with a series of tasty and nutritious recipes, each of which incorporates **Neocate Junior** as an ingredient. This should help you to add variety to your child's meals, and provides another way to include **Neocate Junior** in their diet, in addition to offering it as a drink.

Managing Cow's Milk Allergy (CMA) involves removing cow's milk from your child's diet, whilst ensuring that they still receive all of the essential nutrients needed to support normal growth and development. As your child grows older they will start to enjoy a wider range of foods – this is an exciting time but it can also be challenging to provide variety, particularly when cow's milk is off the menu.

After 1 year of age your child's nutritional needs change - **Neocate Junior** has been prescribed to help support them at this important stage of their life.

Every child is different, so it is important to discuss the amount of **Neocate Junior** that you should be using with your Healthcare Professional, whether they are taking it as a drink or having it in recipes (or both).

Using **Neocate Junior** in recipes can provide flexibility for busy parents, helping you to adapt family meals for your child's allergies. Look out for our 'Quick Adaptations' tips – these allow you to adapt recipes to feed the whole family, with and without allergies.

We hope the recipes and tips in this booklet will make mealtimes easier and enjoyable for both you and your child.

Happy cooking!

With thanks to Heidi Ball (Paediatric Allergy Dietitian, University Hospitals Leicester) for her support in the development of this recipe book.

Neocate Junior is a Food for Special Medical Purposes for the dietary management of Cow's Milk Allergy, Multiple Food Protein Allergies and other conditions requiring an amino acid-based formula, and must be used under medical supervision after consideration of all feeding options, including breastfeeding.



WHAT IS NEOCATE JUNIOR?

Neocate Junior is an amino acid-based, hypoallergenic formula suitable for children with Cow's Milk Allergy or Multiple Food Protein Allergies.



ALLERGEN ADVICE

All recipes included in this booklet avoid the use of cow's milk. Make sure that you check the ingredients list on all food labels to ensure that any additional products used in the recipes don't contain cow's milk.

The icons below indicate where recipes contain other potentially allergenic ingredients, to help you spot them more easily if your child has multiple food allergies. You will find these icons on the top right hand side of every recipe should they contain any of these ingredients.

CONTAINS

Eggs



Wheat



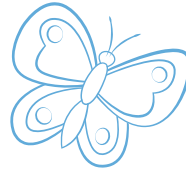
Fish



Soy



Nut



Please remember...

- Only use recipes if your child can tolerate all of the ingredients.
- Always check all food labels to ensure ingredients are suitable for your child.
- Don't risk contaminating your child's food with problem foods (like feeding your child with a spoon that has just been used to stir a cup of milky tea).
- Don't reheat cooked foods containing **Neocate Junior**.

What if your child reacts to new foods?

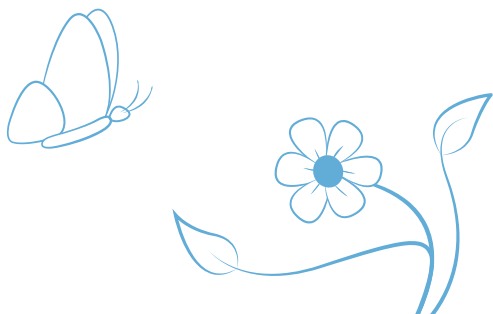
- Stop giving this food to your child immediately.
- If your child has a severe allergic reaction, seek medical advice immediately.
- Record the date of the reaction and the symptoms that occurred.
- Discuss this with your Doctor or Dietitian.
- Follow your Doctor or Dietitian's advice before introducing another new food or attempting to reintroduce problem foods.

ALWAYS READ THE LABEL

When looking at labels on foods, the following ingredients are or may be derived from cow's milk. So, if your child is following a milk-free diet, these should be avoided:*

Ammonium caseinate	Dry milk	Milk protein
Butter	Evaporated milk	Milk solids
Butter fat	Galactose	Non-fat milk solids
Butter solids	Ghee	Protein hydrolysate
Calcium caseinate	Hydrolysed casein	Rennet
Casein concentrate	Hydrolysed whey	Skimmed milk powder
Casein hydrolysate	Lactalbumin	Sodium caseinates
Caseinates	Lactalbumin phosphate	Sweet whey
Cheese (all types from milk)	Lactoacidophilus	Whey
Condensed milk	Lactoglobulin	Whey protein
Cream	Lactose	Whey solids
Cultured buttermilk	Lactulose	Yogurt
Curds	Malted milk	
Delactosed whey	Milk (all types)	

* Children with multiple food allergies may need to avoid additional foods and ingredients. Please speak to your Doctor or Dietitian for more information.



PREPARATION INSTRUCTIONS

Cooking with Neocate Junior

Neocate Junior should be added just before serving a dish to your child. This is because very high heat in cooking, e.g. boiling or baking, can destroy some of the vitamins and minerals in **Neocate Junior** and change the taste of the dish. It is best to wait until it is cool enough for feeding before adding **Neocate Junior** to the dish.

With some recipes, certain ingredients can be swapped for other foods. For those recipes we have suggested substitute foods to try. As a rule, always stick to the preparation instructions on the back of the tin or pack of that particular food.

If a recipe makes more than 1 serving how long can I store the remaining food for?

The recipes in this book are for one child sized portion unless otherwise stated. You may need to adapt the recipes depending on your child's age. Many of the recipes can easily be adapted for the rest of the family without **Neocate Junior** added, so you may scale the rest of the ingredients up for as many children and adults as you are cooking for.

Recipes prepared with **Neocate Junior** must be stored in the refrigerator and used within 24 hours of preparation, without being reheated. We therefore recommend only adding **Neocate Junior** to the portion(s) of the recipe which you plan to feed your child immediately if the food is to be eaten warm, or within the next 24 hours if it can be eaten cold – store anything not eaten immediately in the refrigerator until required.

If you are making meals in advance or creating further portions to freeze, freeze the portions without the **Neocate Junior** added. **Neocate Junior** can then be added after reheating, just before serving. **Neocate Junior** can be frozen if heating is not required - for example ice lollies and **Neocate Junior** ice cream.

Remember to always follow food safety advice when cooking, storing or reheating foods for your child.



Preparation Instructions

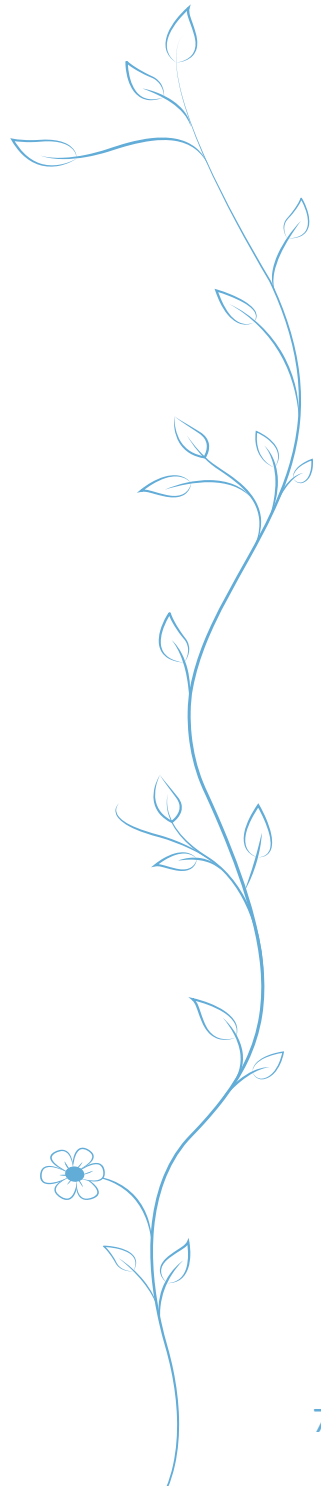
1. Wash hands thoroughly and clean preparation area.
2. Fill the scoop with **Neocate Junior** and level off with a clean, dry knife. Do not press the powder into the scoop. Only use the scoop provided.
3. Add the noted number of scoops of **Neocate Junior** to the recipe just before serving, unless otherwise indicated in the recipe.



TOP TIPS FOR PLANNING FAMILY MEALS



- Make double quantities when possible and freeze meals (without **Neocate Junior**) to help the family during busy periods.
- Keep a stock of store cupboard ingredients that are used in **Neocate Junior** recipes, so that you can assemble recipes easily.
- Keep a collection of small freezable storage containers that can be used to freeze meals.
- Vary the recipes as much as possible - your child is learning about food at every meal.
- Try to include a good range of colours and flavours at each meal to stimulate your child's interest in food.
- We recommend using child friendly cutlery when your child is ready to start using it.



SNACKS





PESTO HUMMUS

Ingredients

- 100g cooked and drained chickpeas
- 2-3 tsp dairy-free pesto*
- 1-2 tbsp extra virgin olive oil
- 2 scoops **Neocate Junior Unflavoured**

Method

1. Place all ingredients in a blender or a bowl.
2. Blend until smooth or mash together with a fork.



Serving suggestion

ROASTED RED PEPPER HUMMUS

Ingredients

- 100g cooked and drained chickpeas
- 2 tbsp chopped roasted red peppers (home roasted or from a jar)
- 2 tbsp extra virgin olive oil
- ¼ tsp ground cumin
- 2 scoops **Neocate Junior Unflavoured**

Method

1. Place all ingredients in a blender or a bowl.
2. Blend until smooth or mash together with a fork.

LEMON AND CORIANDER HUMMUS

Ingredients

- 100g cooked and drained chickpeas
- 2 tbsp extra virgin olive oil
- ¼ tsp ground cumin
- 1 tsp fresh coriander, chopped
- A little grated lemon rind
- 2 scoops **Neocate Junior Unflavoured**

Method

1. Place all ingredients in a blender or a bowl.
2. Blend until smooth or mash together with a fork.

*Shop bought pesto can contain cheese (from milk), soy, pine nuts and cashew nuts. Check the label and if your child reacts to soy, nuts or seeds, and ask your Doctor or Dietitian for advice. Pesto can also be substituted with basil puree.



Chef's Tip

Serve hummus with vegetable sticks, crackers or sweet potato fries for a great snack! Try using a toddler vegetable puree pouch instead of the red peppers. Serve with Turkey and Guacamole Quesadillas on page 24.



Serving suggestion

CREAM OF TOMATO SOUP

Ingredients

- 1 tsp olive oil
- ¼ onion, chopped
- ¼ celery stick, chopped
- 20g carrot, chopped
- 30g potato, diced
- 1 bay leaf
- 1 ½ tsp tomato puree
- 1 tsp sugar
- 1 tsp red or white wine vinegar
- 150g passata
- ½ vegetable stock cube
- 2 scoops **Neocate Junior Unflavoured**
- 1 tsp chopped parsley (optional)

Method

1. Heat the oil and fry the onion, celery, carrot and potato until soft.
2. Add the tomato puree, sugar, vinegar, passata, bay leaf and stock cube.
3. Add 100ml water and simmer for 10 minutes, until the vegetables are soft.
4. Remove from the heat. Remove bay leaf and blend until smooth.
5. Cool slightly.
6. Stir in the **Neocate Junior** and chopped parsley.

**Stock cubes may contain wheat. Check the label and ask your Doctor or Dietician for advice if your child reacts to wheat/gluten*

Quick Adaptations

This soup is delicious for the rest of the family without **Neocate Junior** added.



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Chef's Tip

Serve with dairy-free cheese on toast



BACON, LEEK & POTATO SOUP

Ingredients

- 25g diced lean bacon
- 1 tbsp vegetable oil
- ½ onion, sliced
- 112g potatoes, cubed
- ½ medium leek, sliced
- 200ml vegetable stock (homemade or use low salt vegetable stock cube)
- 2 scoops **Neocate Junior Unflavoured**

Method

1. Heat oil in saucepan and fry off bacon, onions, leeks and potatoes for 5 minutes until they soften.
2. Add the vegetable stock.
3. Simmer for 15-25 minutes until potatoes are cooked.
4. Place soup in a blender, add **Neocate Junior** and blend until smooth.



Chef's tip

Soups are great to make in larger batches to refrigerate or freeze – try freezing in ice cube trays overnight, then pack cubes into re-sealable dated and labelled plastic bags.

Always freeze or refrigerate soups before adding **Neocate Junior**.



Serving suggestion

CARAMEL POPCORN*

Ingredients

- 10g popping corn
- 1 tsp sunflower oil
- 1 tbsp brown sugar
- ½ tbsp dairy-free spread
- ½ scoop **Neocate Junior Vanilla or Unflavoured**



BEWARE

CHOKING HAZARD

Not for children under 3 years

Method

1. Heat the oil in a pan and add the popping corn. **REPLACE THE LID ON THE PAN.**
2. Cook on a high heat until the corn “pops”. Remove from the heat.
3. Put the “popped” corn in a bowl.
4. Heat the dairy-free spread and brown sugar in a pan until they come to the boil.
5. Remove from the heat and cool .
6. Stir in the **Neocate Junior** thoroughly to form a creamy sauce .
7. Add the popcorn to the pan and coat in the sauce before serving.

*This recipe is higher in sugar. Speak with your Doctor or Dietitian for further advice if required.

Chef's Tip

This caramel sauce can be used as a topping for fruit or dairy-free ice cream.



DAIRY-FREE SNACK IDEAS

Fruit, dairy-free yogurt, crackers, fruit puree, raisins, cucumber and carrot sticks

SMOOTHIES & LOLLIES

Try blending 200ml of prepared **Neocate Junior** with a mix of frozen fruit (or fresh fruit and dairy-free ice cream). Serve as a smoothie or freeze in lolly moulds! Make sure you date and label them before placing the mixture in the freezer



Serving suggestion



Serving suggestion

MEALS





Serving suggestion

BASIC WHITE SAUCE/CHEESE SAUCE

Ingredients

- 250ml water
- 14g cornflour
- 4 scoops **Neocate Junior Unflavoured**

(2 Portions)

Quick Adaptations

Try using this white sauce to make a portion of your usual family meals dairy-free for your child, so that you can all enjoy the same meal as a family. For example: lasagne, fish pie, pasta bake, carbonara or chicken pie.

Baking or cooking recipes with Neocate Junior at high temperatures may reduce the vitamin and mineral content of the product. If you have any concerns about this, please contact your Doctor or Dietitian.

Method

1. Mix **Neocate Junior** and cornflour with 50ml of water and mix to a smooth paste.
2. Place the rest of the water into a pan and bring to the boil.
3. Remove from heat.
4. Slowly add the cornflour and **Neocate Junior** mixture to the hot water. Keep whisking while adding the mixture.
5. Bring back to the heat and stir until thickened.

Chef's Tip

Add 50g of dairy-free cheese and a pinch of black pepper or mustard powder for a great cheese sauce. Remember to only make up as much of this sauce as you will be serving straight away.



Serving suggestion

MACARONI CHEESE WITH BACON & TOMATO



Ingredients

- 100g cooked pasta, macaroni or small pasta shapes
- 15g grated dairy-free cheese
- 125ml of **Neocate Junior** Cheese Sauce (page 16)
- 20g cooked lean diced bacon
- ½ medium sliced tomato

Method

1. Mix the pasta and **Neocate Junior** cheese sauce together with the bacon in an oven proof dish.
2. Sprinkle the grated dairy-free cheese on top of the macaroni and place slices of tomato on the top.
3. Bake in the oven for 20 minutes at 180°C.

Baking or cooking recipes with Neocate Junior at high temperatures may reduce the vitamin and mineral content of the product. If you have any concerns about this, please contact your Doctor or Dietitian.



Chef's Tip

You could try adding diced chicken instead of bacon.



Serving suggestion

RATATOUILLE LASAGNE



Ingredients

- ½ chopped onion
- ¼ garlic clove finely, chopped
- 1 tbsp olive oil
- ½ small aubergine, chopped
- ½ small courgette, chopped
- ½ small pepper, chopped
- ½ tin chopped tomatoes
- 15g chopped fresh basil or 1 tsp dried basil
- 125ml **Neocate Junior** Cheese Sauce (page 16)
- 25g dairy-free cheese
- 50g lasagne sheets

Method

1. Gently fry the onion and garlic in the oil for 2-3 minutes.
2. Add the remaining vegetables, basil and tin of chopped tomatoes to the pan.
3. Cover the pan with a lid and cook for about 15 to 20 minutes on gentle heat, stirring 2 or 3 times.

To make the Lasagne

1. Place ⅓ of the vegetable mix on the bottom of oven-proof dish.
2. Cover with lasagne sheets and ⅓ of the **Neocate Junior** Cheese Sauce. Repeat layers.
3. Add grated dairy-free cheese to the top and bake in the oven for 35 minutes on 180°C.

Baking or cooking recipes with Neocate Junior at high temperatures may reduce the vitamin and mineral content of the product. If you have any concerns about this, please contact your Doctor or Dietitian.



Chef's Tip

This recipe can be made egg-free by using egg-free lasagne sheets.

Use pasta instead of lasagne sheets and mix everything together for a pasta bake.



Serving suggestion

RICE NOODLES IN CAULIFLOWER, COURGETTE AND BACON BROTH



Ingredients

- 1 tsp olive oil
- 40g bacon chopped
- 25g courgettes chopped into small cubes
- 25g cauliflower broken into tiny florets
- 25g leeks, washed and thinly sliced
- 1 small clove of garlic crushed
- 50ml water
- $\frac{1}{3}$ sachet of “straight to wok” rice noodles
- 1 scoop **Neocate Junior** Unflavoured
- Freshly chopped coriander (optional)

Method

1. Heat the oil, fry the bacon until it starts to brown.
2. Add the leeks and courgettes and cook for 2 minutes until they start to soften.
3. Add the garlic and cauliflower. Fry for 1-2 minutes then add the water.
4. Simmer for 5 minutes.
5. Stir in the rice noodles and coriander cook for 2 minutes.
6. Cool and stir in the **Neocate Junior**.

**Please note wheat and egg allergens when using the Chef's Tip of adding tagliatelle to the recipe.*

The portion in this photo was created for an older child, if your child is under 3 years of age please make sure that you cut the vegetables to an appropriate size



Chef's Tip

Try cooked tagliatelle instead of rice noodles.



Serving suggestion

CARROT AND SWEET POTATO MASH

Ingredients

- 75g peeled and cubed sweet potato
- 75g peeled and cubed carrot
- 1 scoop **Neocate Junior Unflavoured**
- 1-2 tsp dairy-free butter

Method

1. Boil the carrot and sweet potatoes together in a pan until soft.
2. Drain thoroughly.
3. Add the dairy-free butter, mash and cool slightly.
4. Stir in the **Neocate Junior**.



Chef's Tip

Try potato and chopped or blended spinach for a green mash.

Use this mash on top of the Shepherd's Pie.



Serving suggestion

CARROT AND SWEET POTATO CAKES



Ingredients

- 150g of **Neocate Junior** Carrot and Sweet Potato Mash (Page 20)
- 25g brown breadcrumbs

Method

1. Place the **Neocate Junior** Carrot and Sweet Potato Mash into a bowl.
2. Place the breadcrumbs in a small bowl.
3. Scoop out small quantities of mash and roll into balls.
4. Drop each ball into the bowl of breadcrumbs and swirl around until coated.
5. Repeat until they are all coated.
6. Brown under the grill (optional).

Quick Adaptations

The rest of the family can enjoy these without **Neocate Junior** stirred in the mash.

Chef's Tip

Add in fish flakes* to make fish cakes, or add ham and dairy-free cheese and fry or brown under the grill.





Serving suggestion

CHICKEN AND LENTIL CURRY

Ingredients

- ½ chicken breast cut into small chunks
- 1 tbsp oil
- 25g onion finely chopped
- 1 clove garlic
- Pinch of turmeric
- Pinch of ground coriander (optional)
- Pinch of ground cumin
- Small pinch of cayenne pepper (optional)
- 7-8 sultanas
- 25g cooked green lentils
- 50ml water
- A little freshly chopped fresh coriander (optional)
- 2 scoops of **Neocate Junior Unflavoured**

Method

1. Heat the oil and fry the chicken until lightly browned.
2. Add the onion and garlic fry for 1-2 minutes.
3. Add the spices and cook for another 1-2 minutes.
4. Stir in the water, sultanas, fresh coriander and lentils. Simmer for 5 minutes.
5. Allow to cool slightly before stirring in the **Neocate Junior**.



Chef's Tips

A scoop of **Neocate Junior** can be added to your child's portion of your own home-made curry or favourite dairy-free jar sauce.



Serving suggestion

PASTA AND PESTO



Ingredients

- 75g freshly cooked pasta
- 1 tsp dairy-free pesto*
- 1 scoop **Neocate Junior Unflavoured**

Method

1. Drain the pasta and reserve 1-2 tbsp water.
2. Combine the pesto, water and **Neocate Junior** to form a smooth paste.
3. Stir into the pasta and serve.



Chef's Tips

Try this **Neocate Junior** pesto to replace dairy-containing pesto in your child's portion of your meals – e.g. oven baked pesto chicken breast.

Use the tomato soup on page 11 or **Neocate Junior** white sauce/cheese sauce on page 16 as an alternative pasta sauce.

*Shop bought pesto can contain cheese (from milk) soy, pine nuts and cashew nuts. Check the label if and your child reacts to soy, nuts or seeds and ask your Doctor or Dietitian for advice. Pesto can also be substituted for basil puree.



Serving suggestion



TURKEY AND GUACAMOLE QUESADILLAS

Ingredients

- 1 tortilla or flatbread
- 1 slice of cooked turkey
- 1 tomato sliced thinly
- ¼ avocado
- 25-30g dairy-free cheese, grated
- Freshly chopped coriander (optional)
- 1 scoop **Neocate Junior Unflavoured**

Method

1. Combine the avocado and **Neocate Junior** to form a smooth paste.
2. Place the tortilla in a dry frying pan on a low heat.
3. Spread the mixture over one half of the tortilla.
4. Layer on the turkey, tomatoes and fresh coriander and cover with the dairy-free cheese.
5. Fold over the tortilla and press into the pan.
6. Cook for 2-3 minutes and then turn.
7. Cook for another 2-3 minutes.

Quick Adaptations

The rest of your family will enjoy these quesadillas, made without **Neocate Junior**.



Chef's Tip

Use ham or chicken instead of turkey.

Try adding crushed kidney beans. Serve with a tomato dip.



Serving suggestion

BEEF AND VEGETABLE DINNER

Ingredients

- 50g minced beef
- 1 tsp olive oil
- 1 tbsp onion finely chopped
- 25g cooked mixed vegetables
- 1 scoop **Neocate Junior Unflavoured**

Method

1. Heat the oil and brown the mince.
2. Add the onion and fry for 5-10 minutes.
3. Add the cooked vegetables and stir thoroughly.
4. Simmer for 5 minutes.
5. Remove from the heat. Stir in the **Neocate Junior** to form a creamy mixture.



Chef's Tip

Serve with the carrot and sweet potato mash on page 20 and turn it into a cottage pie.

Try minced lamb instead of beef. You can blend this recipe if your child prefers no lumps - try the blended version in the tomato soup on page 11.



Serving suggestion

SWEET POTATO AND BEEF PIE



Ingredients

- 50g minced beef
- 25g onion finely chopped/grated
- 25g carrot, finely chopped/ grated
- 1 small mushroom, finely chopped
- 50ml homemade stock/ low salt stock
- 1 tsp olive oil
- 100g sweet potato, peeled and chopped
- 2 tsp dairy-free spread
- 10g breadcrumbs
- 1 scoop **Neocate Junior Unflavoured**

**Stock cubes may contain wheat. Check the label and ask your Doctor or Dietician for advice if your child reacts to wheat/gluten*

Method

1. Boil the sweet potato until soft.
2. Meanwhile, heat the oil and brown the mince.
3. Add the onions, carrots and mushrooms and cook for 5-10 minutes, until the vegetables are cooked.
4. Add the stock and simmer for 2-3 minutes.
5. Remove from the heat. Cool slightly and stir in half of the **Neocate Junior**.
6. Drain the sweet potato. Add the dairy-free spread and mash until smooth.
7. Stir in the rest of the **Neocate Junior** to the sweet potato.
8. Spoon the mince mixture into an ovenproof dish. Top with the mashed sweet potato.
9. Sprinkle with breadcrumbs and brown under a hot grill.

Quick Adaptations

Serve to the rest of the family without **Neocate Junior** (and with butter in place of dairy-free spread if you prefer)



Chef's Tip

Try using parsnip in the mash instead of sweet potato.



Serving suggestion

MEATBALLS IN TOMATO SAUCE



Ingredients

Meatballs

- 50g minced beef
- 10g breadcrumbs
- 10g onion, finely chopped
- 1 small clove garlic, crushed
- Pinch of mixed herbs
- 1 tbsp olive oil for frying

Tomato sauce

- 1 tbsp onion, finely chopped
- 1 small clove of garlic, crushed
- ½ tbsp olive oil
- ½ small tin (100g) of chopped tomatoes
- 1 tsp tomato puree/tomato ketchup
- 1 scoop **Neocate Junior Unflavoured**

Method

1. Make the meatballs. Combine all the ingredients in a bowl or food processor.
2. Divide into 6 small even pieces. Squeeze each tightly and roll into small balls.
3. Heat the oil in a wide pan. Fry the balls until browned.
4. Make the tomato sauce. Fry the onion in the olive oil until soft.
5. Add the garlic tomatoes and puree/ ketchup. Stir thoroughly. Simmer for 5 minutes.
6. Cool and stir in the **Neocate Junior** until dissolved.
7. Serve with the meatballs.

Quick Adaptations

This tomato sauce can be used as a base for lots of other meals, such as bolognese, lasagne or simply enjoyed with pasta.

Chef's Tip

Make sausage shapes or mini burger shapes instead of meatballs.



SWEET RECIPES





Serving suggestion

DAIRY-FREE CUPCAKES*

Ingredients

Cupcakes

- 450g self-raising flour
- 80g dairy-free custard powder
- 1 tsp salt
- 440g caster sugar
- 500ml water
- 150ml rapeseed oil
- 1 tsp vanilla essence
- 2 tsp lemon juice

Neocate Junior Icing

- 50g icing sugar
- 1 scoop **Neocate Junior Vanilla** or **Strawberry** flavour
- 1 tbsp water
- food colouring (optional)

(24 cake servings)

Chef's Tip



These cakes can be frozen without the icing for up to 3 months. Make ahead for a party or thaw one at a time for lunch boxes!

**This recipe is higher in sugar. Speak with your Doctor or Dietitian for further advice if required.*

Method

Cupcakes

1. Preheat oven to 180°C.
2. Line 2x 12 hole muffin pans with paper cases.
3. Sift the flour, custard powder and salt into a large bowl and stir in the sugar.
4. Combine the measured water, oil, vanilla and lemon juice in a large jug.
5. Whisk the water mixture into the flour mixture until smooth.
6. Divide the mixture among the paper cases.
7. Bake at 200°C for about 25 minutes.
8. When done, take them out of the oven and allow them to cool on a wire tray before icing them.

Icing

1. Combine sifted sugar, icing sugar, **Neocate Junior** and water in a small bowl until smooth.
2. Tint with a few drops of food colouring if desired.
3. Spread or pipe icing onto your cupcakes and decorate, if desired.

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Neocate Junior icing serves 4 cupcakes
Refrigerate and consume within 24 hours.



DAIRY-FREE BIRTHDAY IDEAS

Get creative with colourful meringues (if your child can tolerate eggs) by swirling in food colouring or cocoa powder into your meringue mixture before cooking.

Adapt the Dairy-Free Cupcake recipe on page 29 into a Birthday Cake by dividing the mixture between two 20cm cake tins and baking for approximately 25 minutes at 200°C. Serve with Neocate Junior ice cream (page 34) and/or toffee sauce (page 36)

Try making a 'Fruit Monster' - carve a watermelon, attach fruit 'eyes' with cocktail sticks, and serve with mixed chopped fruit for a fun and healthy alternative to cake!



Serving suggestion



Serving suggestion



Serving suggestion

BLUEBERRY PORRIDGE



Ingredients

- 50g porridge oats or instant oats
- 125ml water
- 10 blueberries, halved
- 3 scoops **Neocate Junior Unflavoured** or **Vanilla** flavour

**Oats may contain traces of gluten. Always check the label and ask your Doctor or Dietician for advice if your child reacts to wheat/gluten*

Method

1. Place the oats and liquid in a small pan.
2. Heat gently until the mixture thickens.
3. Remove from the heat.
4. Stir in the blueberries and **Neocate Junior**.
5. Stir through a little more water to desired consistency, if required.



Chef's tip

Leave the oats to soak in the liquid for a couple of minutes before cooking to make a really smooth porridge. The porridge can be cooked in the microwave.

**Oats may contain traces of gluten. Always check the product label if concerned about gluten.*

Quick Adaptations

Serve to the rest of the family without **Neocate Junior**. Also try adding other fresh or dried fruits!





Serving suggestion

PANCAKES*



Ingredients

- 1 egg
- 80g plain flour
- 2 tsp sugar
- Big pinch of cinnamon
- 2 tsp of cooking oil for the frying pan
- 125ml cold water
- 4 scoops **Neocate Junior Unflavoured or Vanilla** flavour

(Makes approximately 4 pancakes)

Method

1. Place all ingredients into a large mixing bowl and blend until smooth using food processor or hand blender.
2. Heat frying pan with oil.
3. Use a large spoon or ladle to add pancake mixture to the frying pan.
4. Cook the pancake until golden brown.
5. Serve with filling of your choice.

Filling ideas

Try blueberries, strawberries, raspberries, mashed banana, lemon juice or maple syrup!



Baking or cooking recipes with Neocate Junior at high temperatures may reduce the vitamin and mineral content of the product. If you have any concerns about this, please contact your Doctor or Dietitian.

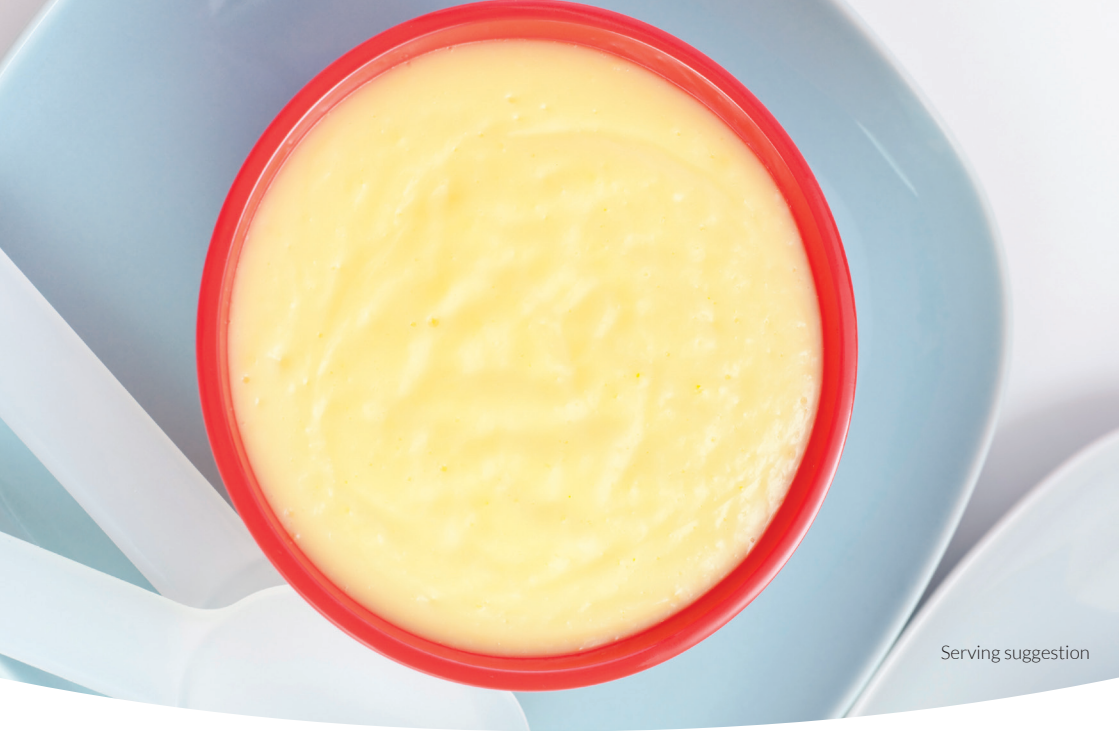
*This recipe is higher in sugar. Speak with your Doctor or Dietitian for further advice if required.



Chef's Tip

For savoury crepes replace sugar in pancake recipe with a pinch of mixed herbs, 50g of dairy-free cheese and serve with the following fillings: pan fried bacon and mushrooms, leeks and roasted vegetables, stir fry vegetables or savoury minced meat.

Use fresh, this pancake batter is not suitable for storage or freezing.



Serving suggestion

CUSTARD*

Ingredients

- 125ml water
- 20g dairy-free custard powder
- 1 drops of vanilla essence
- 3 tsp sugar
- 2 scoops **Neocate Junior Vanilla or Strawberry** flavour

Method

1. Mix **Neocate Junior**, dairy-free custard powder, sugar and vanilla essence with some of the water to form a smooth paste.
2. Place the rest of the water into pan and bring to the boil then remove from the heat.
3. Slowly add the custard mixture to the hot water. Whisk briskly to form a smooth mixture.
4. Return pan to heat and gently heat while stirring.
5. Serve hot or cold.

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**This recipe is higher in sugar. Speak with your Doctor or Dietitian for further advice if required.*

Chef's Tip

Add puréed fruit.





ICE CREAM



Ingredients

- 3 tbsp fruit purée or fruit mash, unsweetened
- 60ml water
- ¼ tsp ground cinnamon
- ½ tsp sugar (optional)
- 4 scoops **Neocate Junior Vanilla** or **Strawberry** flavour

Method

1. Blend ingredients.
2. Place in a container and freeze for about 3 hours.

Make sure you use a dairy-free cone or serve in a tub or bowl.

**Ice cream cones may contain gluten. Always check the label and ask your Doctor or Dietician for advice if your child reacts to wheat/gluten*



Chef's Tip

Store in the freezer in a sealed container for up to 3 months.



Serving suggestion

APRICOT RICE PUDDING

Ingredients

- 50g flaked rice
- 125ml water
- 3 roughly chopped dried or tinned apricots
- 4 scoops **Neocate Junior Vanilla** flavour

Method

1. Combine the rice flakes, water and apricots in a small pan.
2. Gently heat the mixture until it thickens.
3. Remove from the heat and cool.
4. Stir in the **Neocate Junior**.
5. Stir through a little more water to desired consistency, if required.



Chef's Tip

Try dried dates or other tinned fruit instead of apricots.



Serving suggestion

GRIDDLED BANANA IN TOFFEE SAUCE *

Ingredients

- 1 small banana sliced lengthwise
- 2 dessert spoons brown sugar
- 1 dessert spoon dairy-free spread
- 1 scoop **Neocate Junior Vanilla** flavour or **Unflavoured**

*This recipe is higher in sugar. Speak with your Doctor or Dietitian for further advice if required.

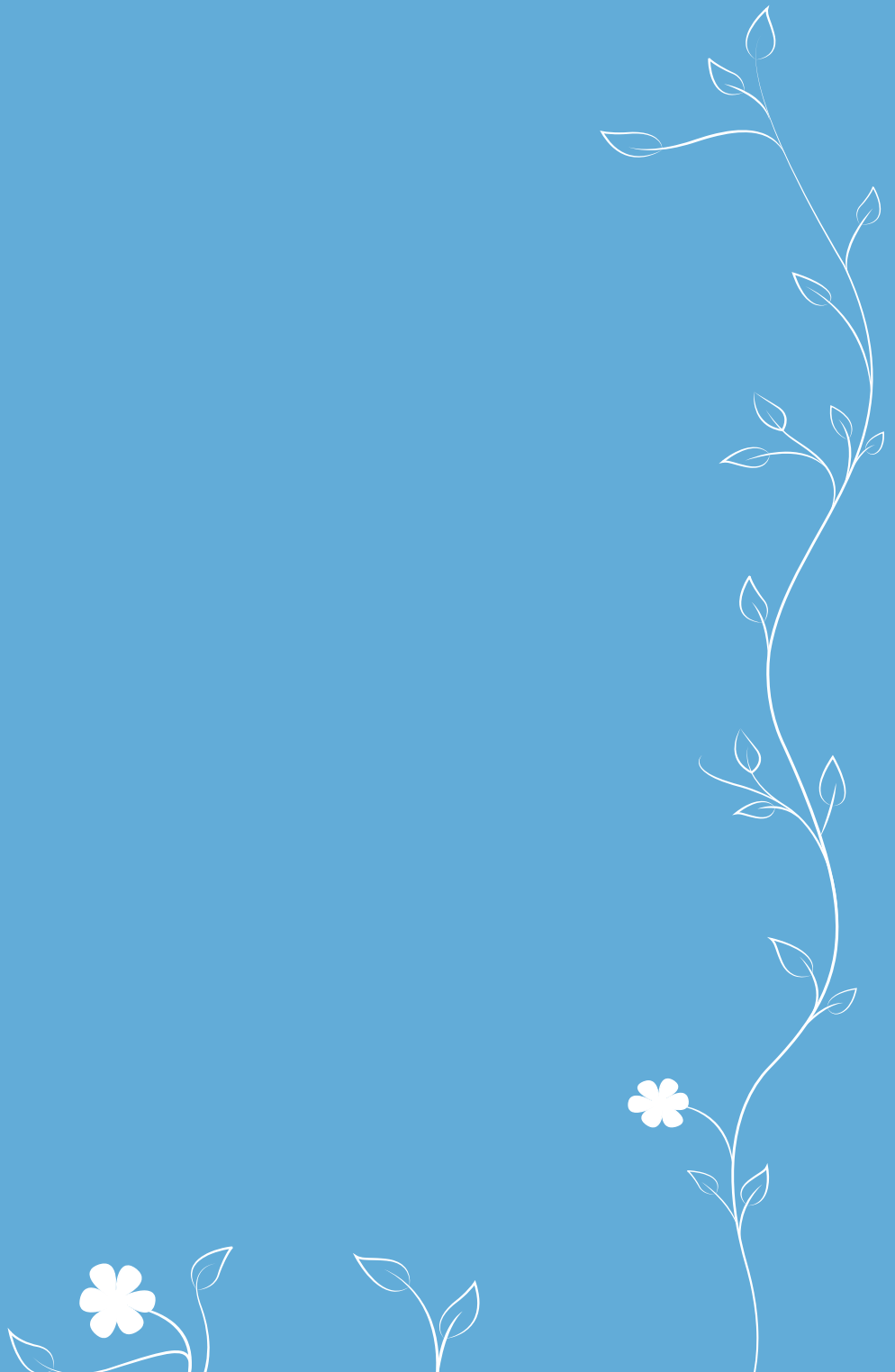
Method

1. Grease a griddle pan with a little of the dairy-free spread.
2. Heat the pan thoroughly. Lay the slices of banana in the pan, making sure to arrange them so the lines from the pan will cross the slices of banana.
3. Cook for 2 minutes on each side until the slices show the marks from the griddle pan.
4. Remove and set to one side.
5. Add the dairy-free spread and sugar to the pan. Melt together.
6. Remove from the heat and cool.
7. Stir in the **Neocate Junior** until the sauce is smooth.
8. Pour over the banana and serve.



Chef's Tip

Try mango instead of bananas.



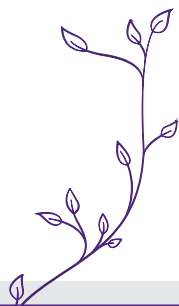
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