

MAKING MAGIC MEALS

WITH PAEDIASURE COMPACT



Use your sticker sheet with me!

Appetite for life

 **Abbott**



Why meals matter

There can be many reasons why a child may experience difficulties meeting their nutritional requirements during periods of either acute or chronic illness.

Dietitians will always make every effort to find practical ways of supporting children during these times. This can be through food fortification and the provision of high calorie and protein recipes.

Another useful option available to dietitians is the prescription of nutritional supplements. These products can also provide a simple solution for some patients and their families when a nutritional risk is presented.

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Food first

PaediaSure Compact is designed to give kids the nutrition they can't (or won't) get from food. But it's not meant to replace food.

This recipe book is designed to help you get your child back to eating meals by making cooking simple and fun. PaediaSure Compact can be used in their day to day meals, to boost the nutritional value and add variety to their diet.

Each recipe is quick to make and a packed full of energy, and each page contains cheerful characters and fun activities for your child.

A special thanks to the paediatric dietitians at Great Ormond Street Hospital for developing these recipes.



Key kit

You'll need these things for almost every recipe

- Weighing scales
- Measuring spoons
- Mixing bowl
- Wide saucepan
- Measuring jug
- Wooden spoon
- Sieve
- Sharp knife
- Scissors
- Chopping board



Key nutritional features:

Volume per bottle	125 ml
Energy	301 kcal
Protein	8.4 g
Carbohydrate	32.7 g
(of which sugars)	5.38 g
Fat	14.9 g

PaediaSure Compact should not be allowed to reach boiling point during cooking as this may affect some of the nutrients.

Chocolate Micro-Asteroid



Ingredients

Makes 1 muffin
Per mug: 636kcal
and 12.5g protein

- 3tbsp PaediaSure Compact vanilla flavour
- 4tbsp self-raising flour
- 4tbsp caster sugar
- 2tbsp cocoa powder
- 1 medium egg
- 3tbsp vegetable/sunflower oil
- A few drops of vanilla or another essence (orange, peppermint etc)
- 3tbsp chocolate chips, nuts or raisins (optional)

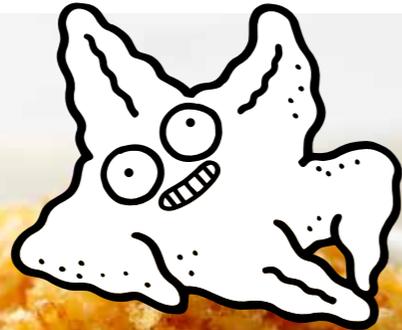
Additional equipment

- Large microwave-proof mug

Instructions

- 1.** Use the largest mug you have to avoid it overflowing in the microwave!
- 2.** Add the flour, sugar and cocoa powder to the mug and mix.
- 3.** Add the egg to the mixture. Mix in as much as you can but don't worry if there's still dry mix left.
- 4.** Add all the other ingredients apart from the chocolate chips etc (if you are adding) and mix until smooth. Add the chocolate chips etc. and mix well.
- 5.** Centre your mug in the middle of the microwave and cook on high for 4–5 mins, or until the mixture has stopped rising and is firm to the touch. Watch it rise as it cooks!

Mac & Cheese On The High Seas



Ingredients

Serves 4. Per portion:
375kcal and 14g protein

- 3 bottles PaediaSure Compact vanilla flavour
- 300ml full fat milk
- 1 onion (peeled and chopped into large pieces)
- 1 garlic clove (peeled)
- 1 bay leaf
- 350g macaroni
- 50g butter, plus a little extra for greasing
- 50g plain flour
- 175g cheddar cheese (grated)
- 1tsp mustard
- 50g parmesan grated (cheddar cheese can be used as an alternative)
- 50g breadcrumbs

Additional equipment

- Small pan and lid
- Colander
- Ovenproof dish

Instructions

1. In a small pan, warm the milk, PaediaSure Compact, onion, garlic and bay leaf until almost boiling.
2. Remove from the heat and leave covered to infuse for 10 mins.
3. Strain and set aside for now.
4. Cook the macaroni until just soft, but still with a little bite – this should take about 10 mins.
5. Drain in a colander, then run under the tap and stir to stop the pasta sticking together.
6. Heat oven to 190°C/ fan 170°C/ gas mark 5 and use a little butter to grease a 25 x 18cm ovenproof dish.
7. Melt the remaining butter in a medium pan. When foaming, add the flour, then cook, stirring constantly, for 1 min on a low heat.
8. Slowly add the warm, infused milk from earlier into this mixture, stirring until smooth.
9. Simmer for 3–4 mins, stirring often, until the sauce has thickened and has a coating consistency (run your finger through the sauce on a spoon – it should leave a trail).
10. Remove the pan from the heat; add the cheddar and mustard powder. Season, then stir until the cheese has melted.
11. Mix the cheese sauce through the macaroni to coat it well, then tip into the prepared dish.
12. Sprinkle the parmesan and breadcrumbs over the top, bake for 15–20 mins until golden brown and bubbling. Serve piping hot on its own or with a green salad.

Moon Cheese Muffins



Ingredients

Makes 6 muffins (each serves 2)

Per muffin: 256kcal
and 8.3g protein

- 1 bottle PaediaSure Compact vanilla flavour
- 100g parmesan cheese
- 10g fresh basil (about a handful)
- 10g fresh chives (about a handful)
- 1-2 sprigs fresh thyme
- 250g self-raising flour
- 1 x 5ml spoon bicarbonate of soda
- 85ml sunflower oil
- 2 eggs
- 100ml greek-style yoghurt
- 100ml full fat milk

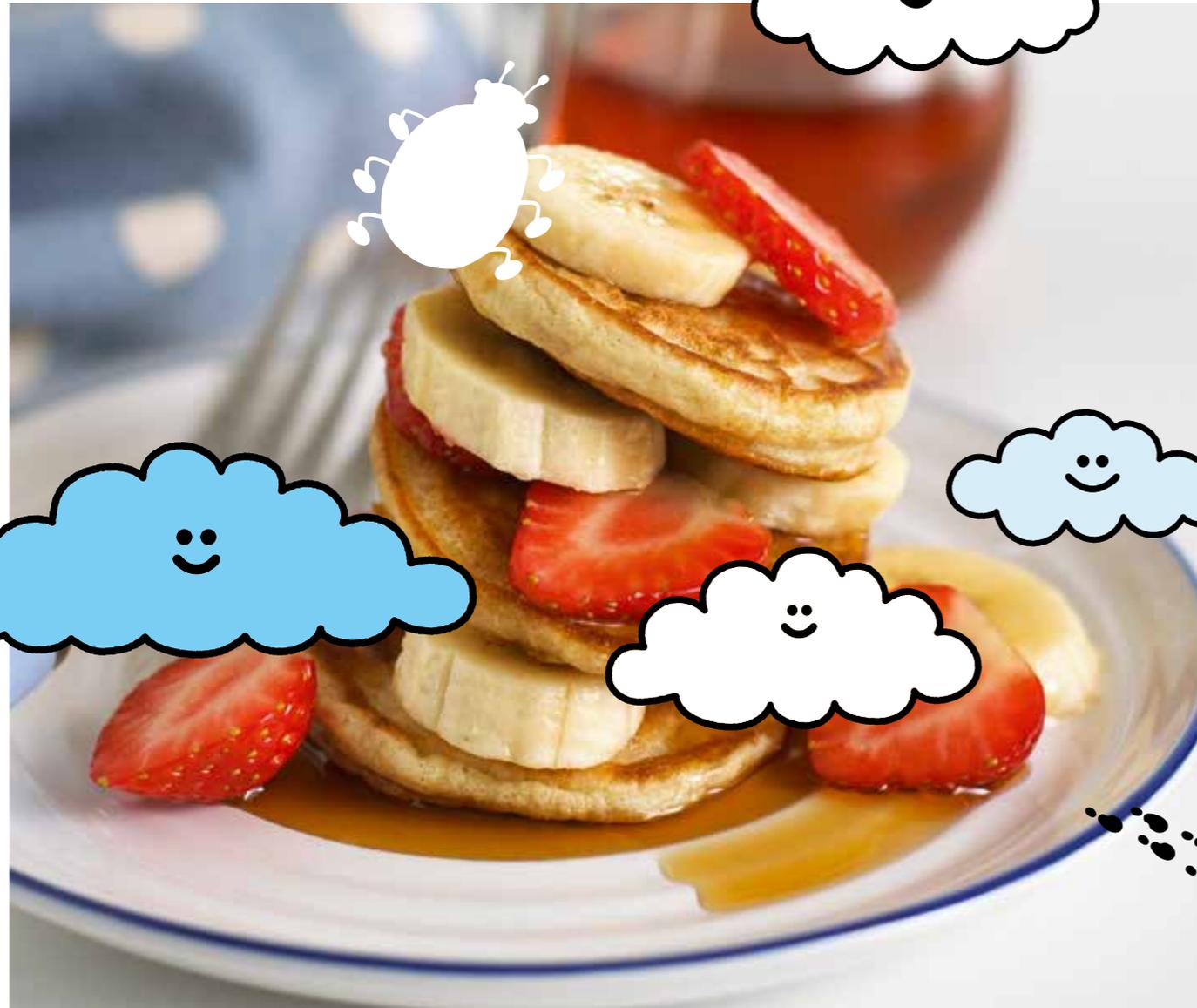
Additional equipment

- Grater
- Cooling rack

Instructions

1. Grate the parmesan cheese.
2. Wash and finely chop the herbs using a sharp knife or scissors, removing the stems from the thyme.
3. Mix the flour and bicarbonate of soda in a mixing bowl and add the parmesan and chopped herbs.
4. Pour the oil into the measuring jug.
5. Beat the eggs separately in a second measuring jug then add to the oil.
6. Measure out the yoghurt and PaediaSure Compact and add to the oil and egg mixture.
7. Pour the wet ingredients into the dry ingredients and stir until combined.
8. Spoon the mixture into the mugs until they're $\frac{1}{3}$ full.
9. Place 3 mugs in the microwave and cook for 4 mins on full power until raised and firm to touch (timing based on an 800W microwave). You may need to adjust the timing slightly depending on the size of the mugs and the wattage of your microwave.
10. Repeat with the remaining mixture to make your second batch of muffins.
11. Delicious served warm, spooned out of the mug, or you can use a knife to score around the edge of the mug and tip the warm muffin out onto a cooling rack.

Leaning Pancake Tower



Ingredients

Makes 10 mini-pancakes
Per pancake: 143kcal
and 3.1g protein

- 2 bottles PaediaSure Compact vanilla flavour
- 150g self-raising flour
- 1 egg
- Oil for greasing
- Fruit for toppings (bananas, strawberries etc)

Additional equipment

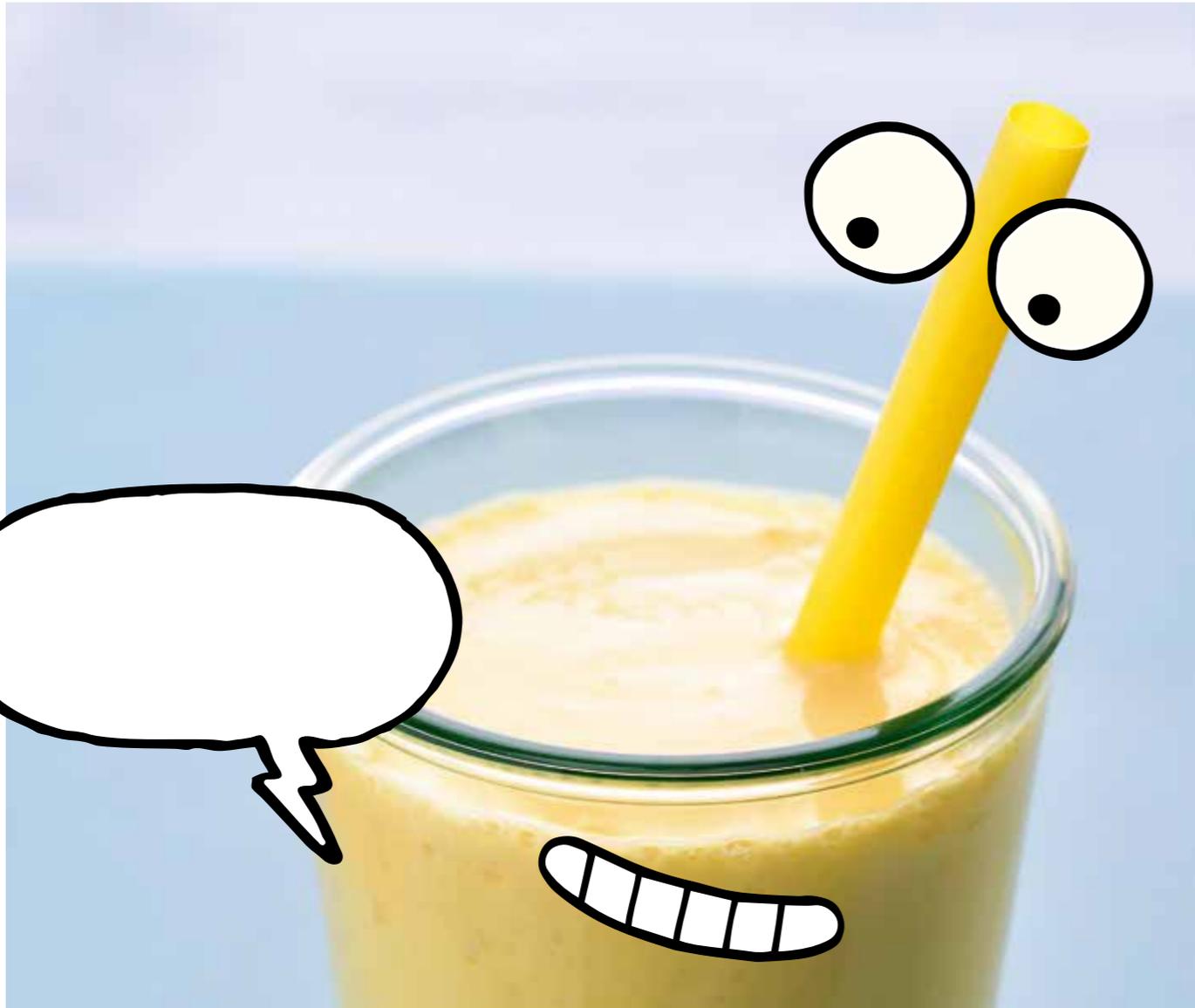
- Whisk
- Frying pan
- Fish slice or palette knife
- Cooling rack

Instructions

- 1.** Add the flour to the mixing bowl. Make a well in the centre of the flour and add the egg and 1 bottle of PaediaSure Compact. Using a whisk or wooden spoon, mix to a smooth, thick batter. You may need to add a little more PaediaSure Compact if the batter is too thick to mix.
- 2.** When the batter is smooth, gradually stir in the second bottle of the PaediaSure Compact until it is well combined.
- 3.** Add a small amount of oil to the frying pan – just enough to give a non-stick layer to the surface of the pan.
- 4.** Heat the frying pan until the oil begins to smoke, then turn down to a medium temperature.
- 5.** Spoon 15ml of the batter onto the surface of the pan. This should make pancakes about 3cm in diameter.
- 6.** Leave each pancake for about 30 seconds, until bubbles appear on the surface and the mixture starts to set.
- 7.** Flip each pancake over using a palette knife or fish slice and leave for another 30 seconds.
- 8.** Transfer the pancakes to a cooling rack or some kitchen towel on a plate.
- 9.** Stack the pancakes and add toppings of your choice.



Magic Mango Potion



Ingredients

Serves 6

Per 130mls: 94kcal
and 4.3g protein

- 2 bottles PaediaSure Compact vanilla flavour
- 400g ripe mango (or 3-4 ripe mangoes)
- 2 x 5ml spoons runny honey
- Sprig of fresh mint
- 1 banana

Additional equipment

- Blender
- Can opener (if using canned mango)
- Glasses and spoons to serve

Instructions

- 1.** Use a sharp knife to slice off the side of the mango, getting as close as possible to the stone in the centre. Do the same thing on the other side. Then cut a grid of 2cm cubes into the flesh of each mango half – being careful to get close to the skin without going through it. Using both hands, turn the mango halves inside out, so that the cubes pop up from the skin. Slice off the pieces.
If using canned mango open the can and drain away the juice.
- 2.** Peel the banana and chop into 8 pieces.
- 3.** Put the chopped mango and banana into the blender and add the PaediaSure Compact. Blend until smooth – it should take around ten seconds.
- 4.** Add the honey and blend until smooth and frothy.
- 5.** Pour into glasses and serve with ice cubes and a sprig of mint.

Super Silky Semolina



Ingredients

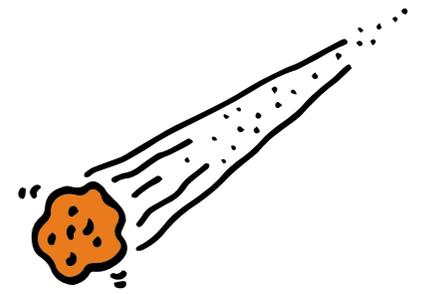
Serves 3

**Per 270g: 540kcal
and 13.8g protein**

- 4 bottles PaediaSure Compact vanilla flavour
- 50g semolina
- 100ml full fat milk
- 5ml rose water
- 20g caster sugar
- 1tsp crushed pistachio to decorate

Additional equipment

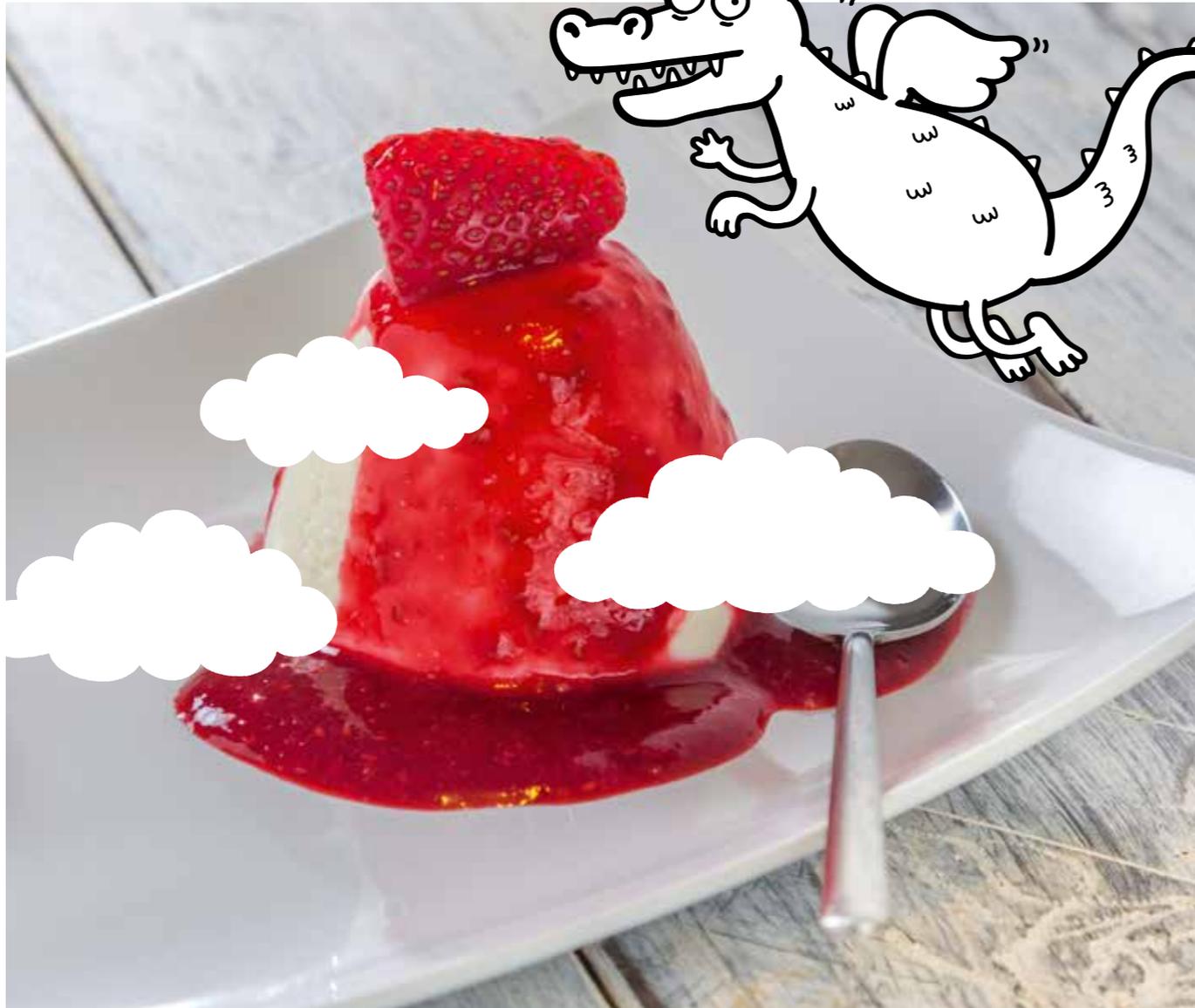
- Microwave-safe bowl
- Oven gloves



Instructions

- 1.** Place the semolina and 100ml of the milk into a microwave-safe bowl and mix into a smooth paste.
- 2.** Gradually add the PaediaSure Compact and the rose water and stir well.
- 3.** Cook in the microwave on full power for 4 mins and stir well (timing based on an 800W microwave).
- 4.** Cook for a further 2 mins, then add the sugar and stir.
- 5.** Cook for 1 more minute and stir.
- 6.** Leave to stand for 2 mins before serving.

Strawberry Pannacotta Volcano



Ingredients

Serves 3

Per portion: 545kcal
and 3.2g protein

Not suitable for vegetarians

- 1 bottle PaediaSure Compact strawberry flavour
- 2 gelatine leaves
- 225ml double cream
- 50g sugar
- 1½tsp vanilla essence
- 200g strawberries
- 1tsp cornflour
- 25g sugar

Additional equipment

- Small bowl
- Ramekins

Instructions

Pannacotta

1. Put the gelatine leaves in a small bowl of cold water to soften for about 5 mins.
2. Meanwhile, pour the cream, PaediaSure Compact, vanilla essence and sugar into a pan, and heat gently until hot, but not bubbling.
3. Remove the gelatine leaves from the water, squeeze out any excess liquid then add, one at a time, to the hot cream.
4. Stir until the leaves are completely dissolved.
5. Pour into three ramekins and leave to stand for 20–30 mins until cooled, then chill in the fridge for at least 3 hours.

Strawberry sauce

1. Toss the strawberries with the cornflour and sugar in a saucepan.
2. Cook over a medium heat for 4–5 mins, until the released juices thicken and the strawberries soften.
3. Set aside to cool.
4. Once completely cooled, pour the strawberry mixture over the set pannacottas.
5. Chill until ready to serve.

Radioactive Alien Custard



Ingredients

Serves 4

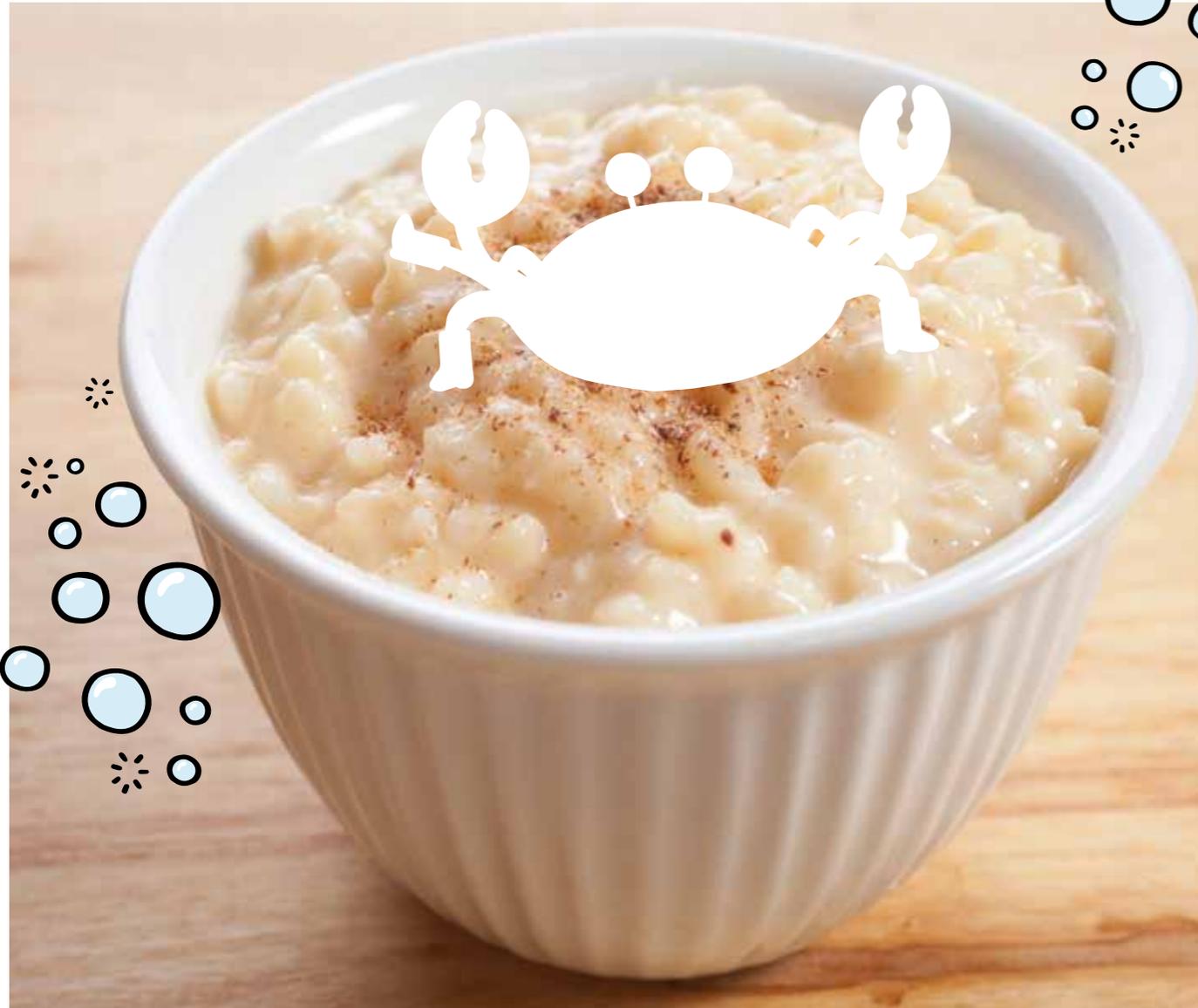
Per portion: 103kcal
and 3.2g protein

- 1 bottle PaediaSure Compact vanilla or banana flavour
- 500ml full fat milk
- 4 eggs
- 70g caster sugar
- 1 x 5ml spoon vanilla essence
- 1½tbsp cornflour
- 1½tbsp plain flour

Instructions

1. Heat the milk and PaediaSure Compact in a saucepan on a medium heat, but don't let it boil.
2. Separate the eggs and blend the egg yolks with the sugar in a mixing bowl. Gradually stir in the hot milk, using a wooden spoon.
3. Cook gently for 8–10 mins, stirring constantly, until the custard has thickened.
4. Remove from the heat and stir in the vanilla essence.

Rice Pudding Reef



Ingredients

Serves 4

Per portion:
214kcal and 8g protein

- 4 bottles PaediaSure Compact vanilla flavour
- 250ml of full fat milk
- 25g caster sugar
- 1 pinch of grated nutmeg (optional)
- 100g short grain pudding rice OR risotto rice (Arborio works well)

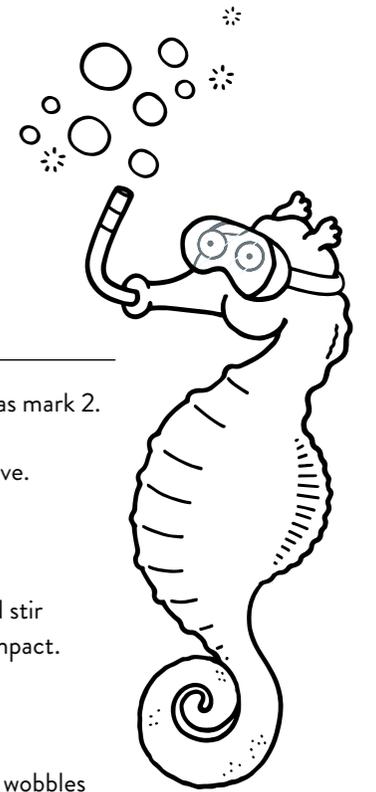
Additional equipment:

- Ovenproof dish

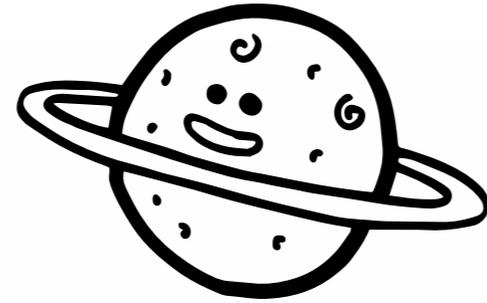
Instructions

1. Heat the oven to 150°C/fan 130°C/gas mark 2.
2. Wash the rice and drain well with a sieve.
3. Butter a baking dish.
4. Carefully tip in the rice and sugar, and stir through the milk and PaediaSure Compact.
5. Sprinkle the nutmeg over the top.
6. Cook for 2 hours or until the pudding wobbles when shaken.
7. Serve hot, or chilled with clotted cream and fruit such as blackberries, blueberries or bananas.

Note: As with all rice dishes, you need to be very careful when keeping this for later. If you freeze it, make sure to write on the bag that it must be used straight away after defrosting and always defrost it in the fridge.



Wicked White Sauce



Ingredients

Makes ~500ml

Per 100ml: 200kcal
and 6.7g protein

- 2 bottles PaediaSure Compact vanilla flavour
- 250ml full fat milk
- 1 onion (halved)
- 1 bay leaf
- 2 cloves
- 50g butter
- 50g plain flour

Additional equipment:

- Small saucepan and lid
- Slotted spoon

Instructions

1. Heat the PaediaSure Compact, milk, onion, bay leaf and cloves in a saucepan until almost boiling.
2. Turn off the heat and set aside to infuse for 20 mins.
3. Meanwhile, melt the butter in another saucepan, add the flour, and stir continuously until a paste forms.
4. Continue cooking for 2 mins.
5. Remove the onion, bay leaf and cloves from the milk with a slotted spoon and discard.
6. Gradually add the infused milk to the paste, stirring gently, until you get a smooth sauce.
7. Cook for 5–10 mins, stirring continuously, until the sauce has thickened and season to taste.

