

# THE PAEDIASURE RANGE



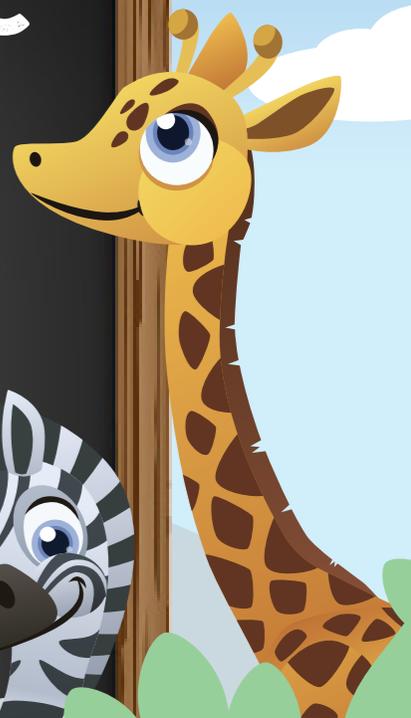
For more recipe ideas on the full PaediaSure range, visit the following Abbott website:

[nutrition.abbott/uk/paediasurerecipes](https://nutrition.abbott/uk/paediasurerecipes)

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# PaediaSure®



Use your sticker sheet with me!



life. to the fullest.

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.

*Philippa Wright  
Head of Dietetics,  
Great Ormond Street Hospital*



I am a toucan,  
see if you can  
colour me in  
my real colours





## 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



WOODEN SPOON



MEASURING SPOONS



SIEVE



MIXING BOWL



SHARP KNIFE



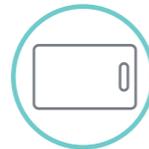
WIDE SAUCEPAN



SCISSORS



MEASURING JUG



CHOPPING BOARD

Key nutritional features:

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



Hello again,  
can you trace the  
dotted line where  
I have flown?



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

# ELEPHANT'S CHOCOLATE DREAM



## Ingredients

**MAKES 1 MUFFIN -  
(1 MUFFIN SERVES 2)**

**PER MUG: 746kcal  
AND 18.6g 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

\* Not recommended if your child has a tree nut or peanut allergy. Whole nuts and peanuts shouldn't be given to children under 5 years old, as they can choke on them.

Reference: <https://www.nhs.uk/conditions/pregnancy-and-baby/foods-to-avoid-giving-babies-and-young-children/#:~:text=Whole%20nuts%20and%20peanuts%20shouldn,smooth%20nut%20or%20peanut%20butter.>

## 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!



*If there are any leftovers, cool down as quickly as possible (within 2 hours), store them in the fridge in an airtight container and eat them within 2 days.*

Reference: <https://www.nhs.uk/live-well/eat-well/how-to-store-food-and-leftovers/>

# TOUCANS MAC AND CHEESE NEST



## Ingredients

**SERVES 2-3.**  
**PER PORTION: 385kcal,**  
**14g PROTEIN**

- 1 bottle of PaediaSure Compact
- 100ml full fat milk
- 1/3 onion (*peeled and chopped into large pieces*)
- 1/3 garlic clove (*peeled*)
- 1 small bay leaf
- 120g macaroni
- 20g butter, plus a little extra for greasing
- 20g plain flour
- 60g cheddar cheese (*grated*)
- 1/2 tsp mustard
- 20g parmesan or cheddar cheese (*grated*)
- 20g 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 warm with green salad or your child's favourite vegetables!

### **Do not throw away leftovers – they could be tomorrow's lunch or dinner!**

- Cool leftovers as quickly as possible, ideally within 2 hours
- Divide leftovers into individual portions and refrigerate or freeze
- Use refrigerated leftovers within 2 days
- When reheating food, make sure it is heated until it reaches a temperature of 70°C for 2 minutes, so that it is steaming hot throughout

<https://www.nhs.uk/live-well/eat-well/how-to-store-food-and-leftovers/>

# LION'S CHEESY MUFFINS



## Ingredients

**MAKES 6 MUFFINS  
(1 MUFFIN SERVES 2)**

**PER MUFFIN: 225kcal  
AND 7.6g 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 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.

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# MONKEY'S PILE OF PANCAKES



## Ingredients

**MAKES 10 MINI-PANCAKES  
PER PANCAKE: 123kcal  
AND 3.8g 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.

### Refrigeration Instruction

**Do not throw away leftovers – they could be tomorrow's breakfast or snack!**

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- use refrigerated leftovers within 2 days
- when reheating food, make sure it is heated until it reaches a temperature of 70°C for 2 minutes, so that it is steaming hot throughout

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### Freezer Instructions

To freeze place pancakes separately on baking parchment on a flat tray and cover tightly. Once frozen remove from the tray and place the pancakes in a freezer bag. Freezing like this means that you only need to defrost the number of pancakes required. Defrost in the fridge. Enjoy cold or reheat wrapped in foil in the oven.

# GIRAFFE'S MANGO SMOOTHIE



## Ingredients

**SERVES 3**

**PER 130ML: 153kcal**

**AND 3.5g PROTEIN**

- 1 bottle of PaediaSure Compact vanilla flavour
- 200g ripe mango (or 2 ripe mangoes)
- 1x 5ml spoon runny honey
- Sprig of fresh mint
- 1/2 banana

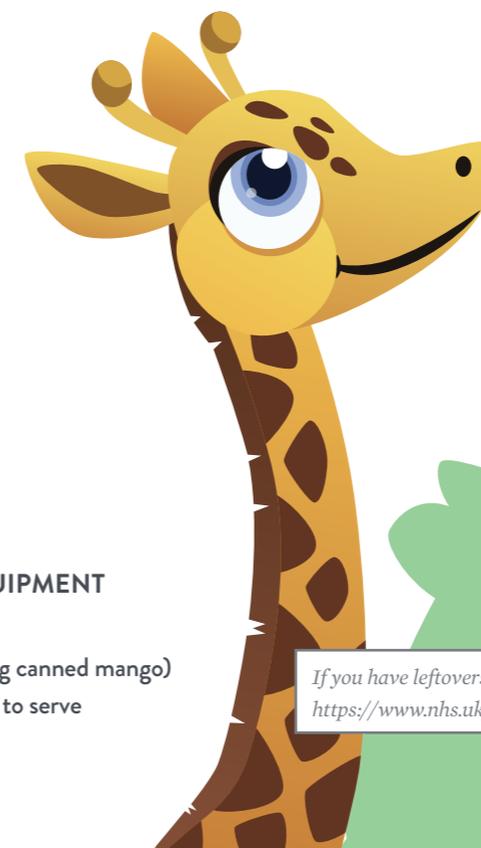
## Instructions

- 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 4 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.

## ADDITIONAL EQUIPMENT

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

If you have leftovers, store in the fridge covered and drink within 2 days.  
<https://www.nhs.uk/live-well/eat-well/how-to-store-food-and-leftovers/>



# ZEBRA'S SILKY SEMOLINA



## Ingredients

SERVES 3  
PER 270g: 507kcal  
AND 13.9g PROTEIN

- 4 bottles PaediaSure Compact vanilla flavour
- 50g semolina
- 100ml full fat milk
- 5ml rose water
- 20g caster sugar

## 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.

## ADDITIONAL EQUIPMENT

- Microwave-safe bowl
- Oven gloves

### **Do not throw away leftovers – they could be tomorrow's pudding or snack!**

- cool leftovers as quickly as possible, ideally within 2 hours
- divide leftovers into individual portions and refrigerate or freeze
- use refrigerated leftovers within 2 days
- when reheating food, make sure it is heated until it reaches a temperature of 70°C for 2 minutes, so that it is steaming hot throughout

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# MONKEY AND GIRAFFE'S PANNACOTTA PUDDING



## Ingredients

**SERVES 3**

**PER PORTION: 596kcal  
AND 4.5g 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

- 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.

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# TOUCAN AND ZEBRA'S CUSTARD CREATION



## Ingredients

**SERVES 6-8**  
**PER PORTION: 229kcal**  
**AND 9.7g PROTEIN**

- 1 bottle PaediaSure Compact
- vanilla or banana flavour
- 500ml full fat milk
- 4 egg yolks
- 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.



Hi, I am a zebra,  
I am black and white, but  
you can colour me in any  
colour you like

**Do not throw away leftovers – they could be tomorrow's pudding or snack!**

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- divide leftovers into individual portions and refrigerate or freeze
- use refrigerated leftovers within 2 days
- when reheating food, make sure it is heated until it reaches a temperature of 70°C for 2 minutes, so that it is steaming hot throughout

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# LION AND ELEPHANT'S RICE PUDDING



## Ingredients

**SERVES 4**  
**PER PORTION: 200kcal**  
**AND 5.6g PROTEIN**

- 2 bottles PaediaSure Compact vanilla flavour
- 125ml of full fat milk
- 12.5g caster sugar
- 1 pinch of grated nutmeg (optional)
- 50g short grain pudding rice OR risotto rice (Arborio works well)

## 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.

### **Do not throw away leftovers – they could be tomorrow's pudding or snack!**

- cool leftovers as quickly as possible, ideally within 2 hours
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- when reheating food, make sure it is heated until it reaches a temperature of 70°C for 2 minutes, so that it is steaming hot throughout

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# ALL OF OUR FAVOURITE WHITE SAUCE



## Ingredients

**MAKES ABOUT 500ML  
PER 100ML: 266kcal  
AND 6.2g PROTEIN**

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

## 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.

**This versatile wicked white sauce is ideal to serve on fish, or to make a cheese vegetable bake, or even small lasagne!**

**Can you count how many times we all appear throughout the whole recipe book?**

## ADDITIONAL EQUIPMENT

- Small saucepan and lid
- Slotted spoon

### **Do not throw away leftovers**

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  - divide leftovers into individual portions and refrigerate or freeze
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  - when reheating food, make sure it is heated until it reaches a temperature of 70°C for 2 minutes, so that it is steaming hot throughout
- <https://www.nhs.uk/live-well/eat-well/how-to-store-food-and-leftovers/>

