Similac High Energy Recipe Book

...from first foods to family favourites, delicious meals for babies from 6 to 18 months
Your baby or toddler has been prescribed Similac High Energy because your child needs additional nutrition to help him or her to grow and develop. Similac High Energy is suitable from birth to 18 months (up to 8kg).

Weaning is an important stage in the growth and development of your baby and Similac High Energy can play an important part in this process.

All of the recipes in this booklet are prepared using Similac High Energy. Recipes suitable for each stage of weaning are included, together with some handy tips to help you along the way. These recipes serve as a guide only and can be puréed, mashed or chopped depending on the stage of your baby’s development:

- **Stage 1** (from six months): puréed non-milk foods
- **Stage 2** (six to nine months): thicker purées, mashed foods and soft finger foods
- **Stage 3** (nine months and over): lumpy foods, chopped foods and harder finger foods.

Your dietitian or other healthcare professional will be able to provide further guidance regarding the suitability of these recipes for your baby.

Recipes for Stages 1, 2 and 3...

1. Breakfast Ideas & First Purées
   - Creamy Summer Fruit Purée
   - Parsnip and Apple Purée
   - First Fish and Pea Purée

2. Cooking Ideas
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   - Mild Fruity Chicken Curry
   - American-style Banana Pancakes
   - Creamy Chicken & Vegetable Risotto
   - Fish Pie
   - Vanilla and Raspberry Scones

Many of these recipes can be frozen, see page 25 for freezing guidelines.
Ingredients

- 2 ripe peaches or nectarines
- 5 strawberries
- 2 tbsp baby rice
- 30-50ml Similac High Energy

Method

1. Wash and peel the peaches or nectarines. Wash the strawberries. Chop the fruit into small, even-sized pieces.
2. Place the peaches or nectarines in a saucepan with a small amount of boiled water. Cook over a low heat until the fruit is tender.
3. Add the strawberries just before the end of cooking.
4. Drain any remaining water, then add 30ml Similac High Energy. Blend using a hand-held blender to a smooth purée before adding the baby rice. For a thinner purée, add more Similac High Energy as needed.

Creamy Summer Fruit Purée [4-6 portions]

First purées should be a runny and smooth texture, similar to standard yoghurt.

Breakfast Ideas & First Purées

Wheat Biscuits

- 1 standard wheat biscuit, blended with enough warm Similac High Energy to make a runny, smooth texture.

Porridge

- Use fine ‘pinhead’ or small-sized ‘oatlets’ initially, cooked with Similac High Energy to make a runny, smooth texture. As your baby progresses to more textured foods, you can use standard porridge oats (take care to avoid any brands that contain salt or sugar).
### Parsnip and Apple Purée [6-8 portions]

**Ingredients**
- 2 parsnips
- 1 eating apple, peeled, cored and chopped
- 100ml Similac High Energy

**Method**
1. Wash and peel the parsnips, then cut into small pieces.
2. Place in a saucepan and cover with a small amount of boiling water to simmer.
3. Add the chopped apple to the boiling water and continue to simmer the parsnip and apple until both are tender.
4. Drain the water using a sieve.
5. Blend in a liquidiser or using a hand-held blender with 100ml Similac High Energy.
6. Adjust the purée to the desired consistency, using more or less Similac High Energy as needed. This recipe makes one full deep bowl, or approximately 400g of finished purée.

**Babies** have a natural desire for sweet tastes. However, it’s a good idea to introduce them to savory purées first as they may be more reluctant to accept these later on if they have become used to sweet foods.

**Why not try some other delicious flavour combinations such as Butternut Squash and Carrot, Carrot and Parsnip or Potato and Broccoli?**

### First Fish & Pea Purée [6-8 portions]

**Ingredients**
- 100g white fish (e.g. cod, haddock, plaice), skin removed
- 100g frozen peas
- 50-60ml Similac High Energy

**Method**
1. Wash and dry the fish, taking care to remove any bones.
2. In a saucepan, cover the fish with cold water and heat gradually.
3. Before the water comes to the boil, reduce the heat to simmering point and poach for 7-10 minutes (the fish will be opaque and flake easily once cooked)
4. A few minutes before the fish is ready, add the peas and simmer until they are cooked through.
5. Using a slotted spoon or sieve, remove the fish and peas from the boiling water, removing any remaining bones.
6. Flake the fish and place it in a bowl with the peas and 50ml of Similac High Energy.
7. Using a hand-held blender, blend to the desired consistency, adding more Similac High Energy if necessary.

**Did you know?** Meat, fish and poultry are ‘safe’ foods and can be tolerated by infants as soon as they are tolerating spoon feeds.

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Creamy Chicken and Mushroom [3-4 portions]

Ingredients
- 1 tbsp oil
- 1 chicken breast, diced
- ½ onion, chopped finely
- 6-7 mushrooms, sliced
- 25g butter
- 25g plain flour
- 200ml Similac High Energy

Method
1. Heat the oil in a pan, add the chicken and fry until cooked through.
2. Add the onion and mushrooms and fry until soft.
3. Melt the butter in a separate saucepan.
4. Add the flour and stir to make a paste.
5. Gradually whisk in the Similac High Energy and continue to stir over a low heat for 2-3 minutes or until the sauce begins to thicken.
6. Add the chicken, onions and mushrooms, and stir to combine.
7. Remove from the heat and using a hand-held blender, blend to the desired consistency, adding more Similac High Energy if necessary.

Cheesy Vegetable Pasta [3-4 portions]

Ingredients
- 60g dried pasta
- 4 broccoli florets (approx. 100g)
- 2 carrots, sliced or finely diced
- 40g frozen peas
- 25g butter
- 25g plain flour
- 200ml Similac High Energy
- 30g cheddar cheese, grated
- 15g Parmesan cheese, grated

Method
1. Cook the pasta according to packet instructions (or a little longer, to soften sufficiently) and drain.
2. In a second saucepan, bring a small amount of water to the boil, cook the carrots for 5 minutes, then add the broccoli and finally the peas. Cook until tender and drain.
3. Melt the butter in a saucepan. Add the flour and stir to make a paste.
4. Gradually whisk in the Similac High Energy and continue to stir over a low heat for about 2-3 minutes or until the sauce begins to thicken.
5. Stir in the grated cheeses.
6. Pour the cheese sauce over the pasta and mix in the vegetables.
7. Blend to the desired consistency using a hand blender, adding more Similac High Energy if required.

Avoid adding shop-bought sauces, gravies, salt or sugar to your baby’s weaning foods. Savoury and plainer tastes should be encouraged.

This dish is also suitable for the later stages of weaning. As your baby progresses to lumpier food, try chopping up the pasta and vegetables into small pieces. This is also a delicious dish for the rest of the family – just substitute with a cheese sauce made with regular fresh milk.

This is a versatile cheese sauce that can be added to pasta, meat, fish and poultry dishes. Try adding different cheeses to vary the flavour.
Salmon & Broccoli in a Cheese Sauce [3-4 portions]

**Ingredients**

- 100-120g salmon fillet
- 60g broccoli
- 25g butter
- 25g plain flour
- 200ml Similac High Energy
- 30g cheddar cheese, grated

**Method**

1. Wash and dry the fish, taking care to remove any bones.
2. In a saucepan, cover the fish with cold water and heat gradually.
3. Before the water comes to the boil, reduce the heat to simmering point and poach for 7-10 minutes (the fish will be opaque and flake easily once cooked)
4. Add the broccoli to the water and cook for 5-7 minutes, or until tender. Drain the water and keep the fish and broccoli to one side.
5. Melt the butter in a saucepan. Add the flour and stir to make a paste.
7. Flake the fish, place in a bowl with the broccoli and add most of the cheese sauce. Purée using a blender, adding extra sauce as required to reach the desired consistency.

*Oily fish such as salmon have a stronger flavour so stick to milder white fish like cod and haddock during the early stages of weaning. This recipe can be prepared with white fish if you feel salmon is too strong a flavour for your baby at this stage.*

Once thicker purées are tolerated, move on to a lumpier texture by mashing food with a fork. Mashed banana and avocado with some Similac High Energy makes a delicious snack!

Banana & Raspberry Custard [2-4 portions]

**Ingredients**

- 1 ripe banana
- 5-6 raspberries
- 1 tbsp custard powder
- 100ml Similac High Energy

**Method**

1. Mash the banana and raspberries together.
2. Place the custard powder in a saucepan and mix in a little of the Similac High Energy to form a paste.
3. Pour over the remaining Similac High Energy and stir over a medium heat until smooth and creamy.
4. Serve as shown, or mix the custard into the fruit purée (using a hand blender if necessary) to reach a suitable consistency.

*Once thicker purées are tolerated, move on to a lumpier texture by mashing food with a fork. Mashed banana and avocado with some Similac High Energy makes a delicious snack!*
Eggy Bread Fingers [2 portions]

Ingredients
- 1 knob butter
- 1 tsp oil
- 1 egg
- 50ml Similac High Energy
- ½ tsp vanilla extract
- 2 slices wholemeal bread with crusts removed

Method
1. Beat the egg with the Similac High Energy. Add the vanilla extract.
2. Heat the butter and oil in a pan.
3. Dip the bread into the egg mixture, turning to coat both sides well and allowing the bread to soak up the liquid.
4. Place in the heated oil and fry until golden brown on both sides.
5. Remove from the heat and pat with kitchen paper to remove any excess oil.
6. Cut into thin fingers to serve.

Once your baby is 8 or 9 months of age, he or she will probably be showing more of an interest in food and letting you know that they are ready to start feeding themselves. This is a good time to experiment with first finger foods.

American-Style Banana Pancakes [makes 4-5 thick pancakes]

Ingredients
- 1 ripe banana
- 1 egg, beaten
- 100ml Similac High Energy
- 100g self-raising flour
- 1 tsp baking powder
- 2 tsp oil

Method
1. Mash the banana and place in a mixing bowl.
2. Stir in the beaten egg and the Similac High Energy.
3. Sieve in the flour and baking powder, and mix well using a hand-held whisk or electric mixer.
4. Heat the oil in a frying pan and add a ladle of batter to the frying pan.
5. Fry until golden brown on both sides. The pancakes will be quite thick and fluffy due to the self-raising flour and baking powder.
6. Repeat with the remaining batter.

Delicious served with natural yoghurt and soft berries for older children. Try adding some cinnamon to the mixture for a touch of spice!
**Fruity Porridge** [2 portions]

**Ingredients**
- 1 pear, peeled, cored and chopped
- 6-7 raspberries
- 50g porridge oats
- 300ml Similac High Energy

**Method**
1. Place the chopped pear in a saucepan with some water and cook over a medium heat until soft and tender.
2. Add the raspberries for the last minute. Once softened, drain off any remaining water.
3. Meanwhile, cook the porridge oats and Similac High Energy gently in a separate saucepan for 4-5 minutes until thickened.
4. Stir in the fruit and add extra Similac High Energy as necessary to reach the desired consistency.

This recipe is delicious when prepared with peaches or nectarines in place of the pears when in season.

**Ham, Potato & Pea Frittata** [serves 4-6]

**Ingredients**
- 4 tsp oil
- ½ onion, diced
- 2 medium potatoes
- 4 eggs
- 200ml Similac High Energy
- 4 slices/125g ham, chopped
- 100g peas
- 50g grated cheese

**Method**
1. Peel and parboil the potatoes. Cut into small cubes.
2. Heat 2 teaspoons of the oil in a small frying pan and fry the onion until soft.
3. Add the potatoes to the frying pan and heat through, then add the ham and peas.
4. In a bowl, combine the eggs with the Similac High Energy, beat gently then add the contents of the pan to the liquid and stir to coat. Stir in the cheese.
5. Heat 2 teaspoons of oil and pour the frittata mixture back into the frying pan. Cook over a medium heat for about 5 minutes, until the eggs are set underneath.
6. Pre-heat a grill, place the frying pan underneath and cook until the top of the frittata is golden and set.
7. Turn out onto a plate, cut into wedges and serve hot or cold.

Ideal served cold for picnics or family days out, or as finger food for active toddlers! This versatile frittata can be made with many delicious combinations; why not try bacon and courgette, red pepper and parmesan or cheese and spinach? A perfect way to use up leftovers!
Meatballs in a Creamy Tomato Sauce [makes 9 meatballs]

Ingredients
For the meatballs:
+ 1 clove garlic, finely chopped/crushed
+ 200g lean minced beef
+ 50g breadcrumbs
+ 1 tbsp chopped parsley
+ Drizzle of oil
For the tomato sauce:
+ 25g butter
+ 25g plain flour
+ 200ml Similac High Energy
+ 4 tomatoes (chopped) or ¾ tin chopped tomatoes
+ 1 tsp tomato purée

Method
1. Place the minced beef, garlic, breadcrumbs and parsley in a bowl, and stir to combine.
2. Take tablespoon amounts and roll into balls.
3. Place on an oven-proof tray and drizzle with a small amount of oil.
4. Bake in a pre-heated oven at 180°C (or 160°C for a fan-assisted oven) for 15 minutes, or until cooked through.
5. To make the sauce, melt the butter in a saucepan, add the flour and stir to make a paste.
6. Gradually whisk in the Similac High Energy and continue to stir over a low heat for 2-3 minutes or until the sauce begins to thicken.
7. Add the chopped tomatoes and tomato purée, and cook until the tomatoes are softened.
8. Remove from the heat and blend to a smooth purée if desired.
9. Serve with the meatballs and well-cooked chopped pasta or mashed potato.

Use baby pasta, chopped spaghetti or small, thin shapes that your baby can manage easily.
Baked Potato Boats [2-4 portions]

Ingredients
- 2 large potatoes, suitable for baking
- 1 tin of tuna in spring water or oil, well drained and flaked
- 75-100ml Similac High Energy
- 50g cheddar cheese, grated
- Knob of butter

Method
1. Wash the potatoes, prick the skins and bake in a pre-heated oven for 50-60 minutes until the insides are soft.
2. Cut the potatoes in half and scoop the soft potato into a bowl, taking care to keep the skins intact.
3. Mash well, then add the flaked tuna, butter, Similac High Energy and half the cheese; mix until combined.
4. Spoon the filling back into the potato skins, top with the remainder of the cheese and return to the oven to heat until the cheese has melted.

Mild Fruity Chicken Curry [2-4 portions]

Ingredients
- 1 onion, finely chopped
- 1 clove garlic, crushed
- 1 carrot, peeled and grated
- 1 small eating apple, peeled, cored and chopped
- 2 chicken breasts, diced
- 1-2 tsp oil
- 1 tsp cumin and ½ tsp turmeric
- 1 tbsp tomato purée and 1 tbsp mango chutney
- 200ml Similac High Energy

Method
1. Heat the oil, add the onion and garlic and sauté until soft.
2. Add the chicken and carrots and cook through, then add the apple and spices, and continue to cook.
3. Add the tomato purée and mango chutney, and stir to coat.
4. Add the Similac High Energy and simmer for 15-20 minutes.
5. Serve with well-cooked rice.

This is a really fun dish to make with older toddlers. Just make sure you don’t feed the potato skins to your baby due to the sharp edges. Discard the skins once they’ve finished eating the delicious filling!

Vary the ingredients by adding other chopped fruit or vegetables to this curry, such as peppers, mushrooms or pineapple. Offering different flavours from an early age increases the likelihood of children accepting a varied diet as they get older.
Creamy Chicken & Vegetable Risotto [3-4 portions]

Ingredients

- 1 tsp butter
- 2 tsp oil
- 1 small onion, finely chopped
- 2 medium chicken breasts, cut into small pieces
- ½ butternut squash, cut into small cubes
- 100g green beans, cut into small pieces
- 100g risotto rice (arborio or carnaroli)
- Low salt stock cube made up to 500ml stock with boiling water
- 100ml Similac High Energy
- 25g Parmesan cheese, grated

Method

1. Melt the butter and 1 tsp oil in a saucepan.
2. Add the onion and fry until soft.
3. Add the risotto rice, stir until coated and cook for 2-3 minutes.
4. Gradually pour over the stock in small amounts, stirring after each addition, and cook for about 20 minutes.
5. Meanwhile, in a separate pan heat 1 tsp oil and brown the chicken, then add the butternut squash and chopped green beans.
6. Continue to cook until the chicken is cooked through and the vegetables are soft.
7. Remove the risotto from the heat and stir in the Similac High Energy and cheese
8. Add the chicken and vegetables and combine.
Fish Pie [2-4 portions]

Ingredients
- 100g white fish (cod/haddock/plaice), skin removed
- 100g salmon, skin removed
- 2 large potatoes (300g-400g)
- 25g butter
- 1 spring onion, finely chopped
- 25g plain flour
- 200ml Similac High Energy
- 100g frozen peas

Method
1. Wash, peel and chop the potatoes, place in a saucepan of boiling water and simmer until well cooked.
2. Drain, mash and mix with 50ml of Similac High Energy.
3. In a saucepan, cover the fish with cold water and heat gradually.
4. Before the water comes to the boil, reduce the heat to simmering point and poach for 7-10 minutes (the fish will be opaque and flake easily once cooked).
5. Add the peas during the last few minutes of cooking.
6. Once cooked, use a slotted spoon to remove the fish and peas from the water.
7. To make the sauce, melt the butter in a separate saucepan, fry the spring onions gently, add the flour and stir to make a paste. Gradually whisk in the Similac High Energy and stir continuously for 2-3 minutes or until the sauce has thickened.
8. Flake the fish, taking care to remove any bones, and add the fish and peas to the white sauce.
9. Pour the mixture into an oven-proof dish, top with the mashed potato and bake in a pre-heated oven at 180°C (or 160°C for a fan-assisted oven) for 25 minutes or until heated through.

This is also a delicious dish for the rest of the family – just substitute with a white sauce made on regular fresh milk.
Ingredients

- 300g self-raising flour
- 1 tsp baking powder
- 2 tbsp caster sugar
- 1 medium egg
- 1 tbsp sunflower oil
- 1 tsp vanilla extract
- 150ml Similac High Energy
- Handful of raspberries, chopped

Method

1. Preheat the oven to 190°C (or 170°C for a fan-assisted oven) and lightly dust an oven tray with flour.
2. In a bowl, sieve the flour and baking powder together. Add the sugar and mix well.
3. In another bowl, add the egg and oil and whisk together.
4. Add the Similac High Energy to the egg mixture and whisk together.
5. Add the liquid ingredients to the flour mixture in small amounts, mixing together gently with a wooden spoon until a dough is formed.
6. Sprinkle flour onto a board and on your hands, then turn out the scone mixture and gently shape it into a ball.
7. With your hands or a rolling pin, gently flatten the dough to approximately ½ inch thick.
8. Scatter the chopped raspberries over half the dough, then fold over the remaining half and reshape the dough. Flatten or roll gently to the same thickness as your scone cutter.
9. Cut with a small or medium sized scone cutter (approx 2.5 inches in diameter) and place on the baking tray.
10. Bake in the oven for 15-20 minutes until golden brown on top.

Vanilla & Raspberry Scones [makes 8-10 scones]

These scones are perfect finger foods for active toddlers! Ideal for home freezing.
Useful equipment when weaning your baby

It’s worth investing in a few basic kitchen utensils once your baby starts showing signs that they are on the road to solid foods. You may already have some of these to hand.

The following is a good list of weaning ‘must-haves’:

- **Baby spoons**
  Choose brightly coloured plastic weaning spoons with a shallow scoop. Soft, flexible plastic will not hurt tender gums.

- **Weaning bowls**
  These should be made of soft plastic and be dishwasher and microwave safe for greater convenience. Similar to the spoons, bright colours will appeal to your baby’s eye.

- **Blender or liquidiser and sieve**
  A hand-held blender proves very useful for puréeing home cooked meals. Modern hand blenders are very powerful and suitable for puréeing larger quantities. A sieve may be needed to remove any seeds, pips or skins from purées for very young babies.

- **Ice-cube trays, freezer bags and freezer containers**
  Small portions of purée can be spooned into ice-cube trays, frozen and pushed out into labelled freezer bags. 1-2 cubes can then be defrosted as required. These are ideal during the first few days and weeks of weaning when your baby is eating small amounts. As your baby begins to eat more, larger containers are useful for freezing larger portions.

- **Cup or beaker**
  A beaker should be introduced from 6 months onwards. A two-handed beaker is ideal: letting the baby hold it by him or herself is good practice.

Freezing, defrosting and reheating baby food

**Freezing**
- Your baby will only be eating tiny amounts during the first stages of weaning. Save time by preparing large batches and freezing the extra servings in ice-cube trays or plastic containers.
- Foods containing Similac High Energy may be frozen.
- Cook the food, then purée, cover and cool before freezing.
- Most foods freeze well, except melon and baby rice.
- Baby foods can be stored in the freezer for up to 8 weeks.

- **Defrosting**
  Food frozen in small quantities (e.g. in ice-cube trays or small pots) will defrost very quickly at room temperature. For larger meals or portions allow a few hours to defrost in the fridge when possible.
- Never re-freeze food once it has thawed.

- **Reheating**
  Do not reheat food more than once.
- Make sure food is completely thawed; then heat in a small saucepan or microwave.
- Stir well throughout, particularly if microwaving, to avoid any hot spots.

Dental Hygiene

It’s never too soon to start looking after your baby’s teeth.

Food and drink containing any type of sugar (natural or added) has the potential to cause tooth decay. Babies should be encouraged to drink from a lidded beaker or cup as soon as they can, from 6 months if possible.

Start brushing once a day (after the last feed) whenever your baby’s first tooth appears. As more teeth appear, clean his or her teeth twice a day.
For more information about Similac High Energy or other Abbott Nutrition products, please call the Abbott Nutrition Dietetic Helpline on 1800 411 411 or visit our website www.abbottnutrition.ie

With thanks to Maeve Tuohy, Dietitian, for compiling the recipes provided here.