

EleCare®



A pair of bright pink plastic utensils, a spoon and a fork, crossed at their handles. The spoon is on the left and the fork is on the right. The background is white with several decorative elements: a gold heart in the top left, a green circle in the top center, a green circle in the top right, a gold heart in the bottom left, a green circle in the bottom center, a green outline of a baby bottle in the middle right, and a purple outline of a heart in the bottom right.

Weaning with EleCare®

Helping you face
life's adventures

Developed in collaboration with Specialist Allergy Dietitian, Tanya Wright;
Chef, Valia Battat; and Medical Nutrition Manager at Abbott, Hurjus Ryatt (RD)

For more information on Abbott's Cow's Milk Allergy range please visit <https://www.similac.abbott/ie/patient-carers/>

IMPORTANT NOTICE: Breastfeeding is best for infants and is recommended for as long as possible during infancy. EleCare is an infant formula for special medical purposes and should only be used under the recommendation or guidance of a healthcare professional.

About this cookbook

This cookbook is written for parents and carers of infants who have cow's milk allergy (CMA) and/or multiple food allergies, and have been recommended EleCare by their healthcare professional.

The first year of life is an important milestone for rapid growth and development for every infant, and nutrition plays a pivotal role in this.

Having an allergy to specific food(s) shouldn't interfere with your infant getting the nutrition they need, so we have written this book to help you with weaning.

Included are tips on starting cow's milk-free weaning, with recipes and advice to help your infant establish a diverse and lifelong nutritious and healthy balanced diet.

We hope this book helps you both enjoy this wonderful time by making weaning a positive and stress-free experience for you and your infant!



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General tips for successful weaning

- ALWAYS sit your infant in an upright position in a high chair with a securely fitted safety harness when eating meals and snacks
- NEVER force feed
- Establish a mealtime routine (i.e. 3 meals and healthy snacks in between)
- Reduce formula-feeds as food intake increases
- Think ahead and plan meals and snacks
- Cook in bulk and freeze (maximum of 3 months)
- Use ripe fruits (under-ripe ones can be acidic)
- Check all ingredient labels every time. Manufacturers sometimes change ingredients without notice
- Remove the infant's portion from family foods before adding salt, seasoning or sugar. Also beware of 'hidden' salt in stock cubes or gravy granules and sugar in fruit juice, etc
- If your infant is refusing to drink formula, the daily amount can easily be 'hidden' in foods (see recipes)

Should I still give my infant breast milk or first infant formula when weaning?

Breast milk, infant formula or both, should be your infant's main drink during the first year, but some mothers continue to breastfeed for much longer.¹

As food intake increases, breastfeeding or infant formula feeding naturally reduces.

Anxiety

Some parents keep their infant on formula and are reluctant to introduce foods because they are worried their infant may be allergic to the food. Remember, it is important to wean your infant onto a diverse diet once they are ready. This should be around 6 months, and not before 17 weeks (4 months).¹

Drinks

Only give your infant breast milk/formula and water; there is no need to give any infant juices, and avoid giving tea or coffee. When infants are ready, they should be offered water in a cup with meals and snacks.





SAFETY FIRST when weaning

- Never leave an infant alone when feeding to ensure they are swallowing safely
- Your infant's meals should be heated until 'piping hot' (between 75°C and boiling), and then cooled. Check that the food is hot all the way through by stirring. Avoid giving foods that are too hot (they should be just warm)
- Check ingredients of foods everytime to prevent accidentally giving milk or milk derivatives. Manufacturers sometimes change their ingredients without warning
- Ensure foods are fresh, in date and fully cooked to prevent food poisoning
- Discard uneaten foods
- Do not give your infant honey, as it may contain a bacteria that can make them ill
- Unsweetened, calcium-fortified soya milk should not be given to infants as a main milk drink until the age of 1. Other plant-based milk drinks (e.g almond, coconut, oat milk) are not recommended for young children.²
- Only well-cooked or hard-boiled eggs should be provided to infants. Infants are more vulnerable to illness and undercooked eggs can contain salmonella.¹
- Never offer foods in a bottle feeder or cup
- Do not give foods that are a choking hazard (e.g. whole grapes, hard foods such as raw carrots, raw jelly cubes, nuts)
- Avoid foods high in mercury (e.g. shark, swordfish or marlin)
- Only give shellfish that has been thoroughly cooked
- Wash hands and surfaces before preparing foods, and avoid cross-contamination between raw and ready-to-eat foods

Enjoy it! Keep weaning simple and make mealtimes a positive experience

For more information on safe weaning visit:

https://www.fsai.ie/publications_infant_feeding/

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Introducing solid food to infants with CMA



Introducing new food to an infant may make any parent feel understandably cautious, however, weaning an infant with CMA should be the same as weaning an infant without CMA, apart from avoiding all traces of cow's milk.

Tips for safe cow's milk-free weaning

1. The infant needs to be sitting safely in an upright position (so they can swallow properly).
2. Suitable foods should be available—if using manufactured food or pre-prepared foods please check the labels carefully. If the product contains milk or a milk derivative it will be clearly labelled (allergens are listed in bold in the ingredients section). Be particularly careful not to give 'lactose-free' dairy as this still contains whole cow's milk protein—this is often sold right next to dairy-free alternatives and is easily mixed up.
3. Avoid foods with precautionary allergy labelling (e.g. 'may contain milk' or 'made on a line handling milk' etc.).
4. If anyone else is looking after your infant, you could think about preparing your infant's foods in advance, and ensure they have a good understanding of your infant's needs and how to provide suitable foods.



Is it normal for my infant to refuse cow's milk-free food?

Like any new food, it may take 10 tries or more for your infant to get used to new flavours and textures.³ There will be days when your infant eats more, some when they eat less, and days when they reject everything. Don't worry—this is perfectly normal!

Just remember the 3Ps—positivity, patience, and persistence. Keep offering a variety of foods, even the ones your infant doesn't seem to like, and let them get used to it in their own time.

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Tips

The Irish Food Allergy Network (IFAN) have further information on the management of Cow's Milk Allergy:

<http://ifan.ie/milk/introduction/>

Vitamin intake for infants on a cow's milk-free diet

As your infant is weaned, the aim is that all micronutrients, including vitamins and minerals, should be met by a nutritious balanced diet. If your infant has a poor appetite, is a selective eater or has multiple dietary exclusions, this can be more difficult to achieve.

- Infants from birth to 1 year of age who are being breastfed (or taking less than 300 mls of infant formula a day) **should be given a daily supplement of vitamin D3** (containing 5 µg or 200 I.U.). This is recommended in addition to the mother taking a vitamin D supplement during pregnancy and/or while breastfeeding.⁴
- Infants fed **more than 300 ml** of infant formula daily **do not need** any vitamin supplements, as infant formulas are fortified with vitamin D and other nutrients.^{4,5}



Calcium intake for infants on a cow's milk-free diet

Calcium is an essential nutrient. One of its primary functions is to help build strong bones and teeth, which is especially important in a growing infant. Children aged 12 months to 3 years require 450 mg of calcium daily.⁶

It is easy for your infant to obtain enough calcium while on a dairy-free diet, whether through breastfeeding or formula-feeding, or by the addition of calcium enriched dairy-free alternatives and consumption of foods naturally high in calcium:

- EleCare provides 78 mg calcium per 100 ml/3.4 fl oz.
- Foods which contain calcium include fortified cereals, bread, green vegetables, dried fruits and nut butters. Check the labels for the calcium content.
- Other dairy-free products are often fortified with calcium (check the labels) including coconut yoghurts, oat yoghurts, and dairy-free cheeses (choose ones that are fortified with calcium).
- Calcium fortified soya milk contains about 130 mg of calcium per 100 ml.⁷ Check the labels for the calcium content.



Wheat-free/gluten-free alternatives

If your infant does not tolerate wheat or gluten this is easily avoided, use wheat-free or gluten-free products instead.

Common gluten-containing grains include wheat, rye, barley, kamut and spelt. Oats are also often contaminated with gluten (unless they are specifically gluten-free oats).

Available products include:

- Gluten-free couscous made from millet, quinoa, buckwheat or amaranth
- Pasta made from lentils, maize/corn, rice, buckwheat, beans
- Wheat-free/gluten-free sauces (tip: use cornflour to thicken)
- Gluten-free flours (please note when baking: extra water/fluid may be required)
- Gluten-free grains (e.g. buckwheat, lentils, rice, maize/corn, quinoa, millet, amaranth)

For more information on gluten-free diets please refer to the Coeliac Society of Ireland website, www.coeliac.ie.

Soya-free alternatives

If your infant has been diagnosed with a soya allergy or been advised to avoid soya, they will need to follow a soya-free diet too (consult your healthcare professional before cutting soya out of your infant's diet).

- Always check the label—please be aware that 'edamame' is another name for soya beans and should be avoided if your infant cannot tolerate soya
- Unrefined soya oil may contain small amounts of soya protein and is more likely to cause reactions so should always be avoided
- Soya is sometimes tolerated as refined soya oil or soya lecithin but follow advice about this from your healthcare professional

All the recipes in this book are coded with calcium content per recipe and can be adapted to be gluten free

Did you know?

Recipes

Tailored for your infant's age

This book contains a number of delicious recipes that have been developed by a professional Chef and a Specialist Allergy Dietitian, which are tailored to the age of your infant (divided into Stages 1 to 3).

- **Stage 1** is for infants aged 4–6 months, or when your infant is first ready for soft foods. 'First foods' should be thin purées which will increase in thickness as the infant progresses.¹
- **Stage 2** is for infants aged 6–9 months, which includes mashed foods, and progressing to foods with soft lumps, and finally to soft finger foods.¹
- **Stage 3** is for infants aged 9–12 months, which includes minced or chopped family foods and more textured finger foods.¹

Feed at a pace to suit your infant. All infants are different—the quantity and frequency that food is given should be tailored to your infant and not compared to others.

Always check the labels of ingredients to be included in the recipes to ensure they are free from cow's milk. If your child has any other allergies, ensure ingredients are free from the relevant allergen (i.e. soya, egg, wheat, sesame, nuts & peanuts).

IMPORTANT!

The recipes in this book were chosen for you because they are:

- ✔ **Nutritious**
- ✔ **Delicious ways to incorporate EleCare into solid food**
- ✔ **Suitable for the rest of the family without EleCare**
- ✔ **Easy and quick to make (ingredients are also easy to buy and find)**
- ✔ **Suitable for multiple exclusion diets (all recipes are dairy-free, soya-free, tree nut-free, peanut-free, and sesame-free)**
- ✔ **Easily adapted to be vegetarian**
- ✔ **Easily adapted to be halal or kosher**
- ✔ **Easily adapted to be gluten-free**
- ✔ **Free of added salt and sugar**
- ✔ **Most are conveniently suitable for home freezing. Don't forget to label and date all frozen foods, and to ensure that they are all used within the recommended storage time**

Do not use after the recommended freezer storage periods indicated in this book

Vegetarian recipes

All the recipes in this book can be easily adapted to make them vegetarian by replacing meat with beans or pulses. If nuts are tolerated, then you can use ground nuts, nut flours or nut butters (never give whole nuts to an infant) in recipes to add nutrition.



If your child has other known food allergies, check with your healthcare professional that it is safe to eat the ingredients recommended in these recipes if you're concerned about how your child will tolerate these.

ATTENTION!

Veg purée: broccoli and potato

This nutrient-packed purée is great for little tummies to digest. This colourful and tasty vegetable dish is a great first food for your infant.



Prep time
5 minutes

Cooking time
15 minutes



Storage
Suitable for
home freezing



Serves
Baby: 8 x 45 g portions
Toddler: 4 x 90 g portions



Allergy information*
Free from milk, soya,
egg, wheat, sesame,
nuts & peanuts

Ingredients

- 100 g broccoli heads (prepared weight)
- 200 g potato (prepared weight)
- 40 g dairy-free spread
- 8 scoops of powdered EleCare formula*

*Only use the scoop provided in the EleCare tin

Method

1. Remove the stalks from the broccoli and wash and chop into small pieces. Peel and dice the potatoes into 1 cm chunks.
2. Rinse the potatoes and cover in unsalted water. Bring to the boil and simmer gently for 10 minutes.
3. Add the broccoli to the potato pan then simmer for a further 5 minutes or until everything is soft and tender.
4. Remove from the heat and drain.
5. Add the dairy-free spread and EleCare. Blend to a smooth purée and serve.





Great source of **iron**

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Tips

Variations

- 1 It's important to introduce savoury flavours to your infants
- 2 Be creative, why not try swapping broccoli with peas, spinach, courgettes or leek, or even try a sweet potato and carrot purée instead
- 3 Mash rather than purée to give your toddler a more textured dish

Freezing instructions

Once cooled, freeze in portions immediately. Cover tightly to exclude all air when freezing. This meal can be stored in the freezer for up to one month. Defrost in the fridge and when reheating ensure that the food is piping hot throughout, stirring well to ensure even heat distribution. Cool to body temperature before serving to your infant.

Fruit purée: apple & pear purée

With its natural sweetness and smooth texture, apple and pear purée is an ideal first food for your weaning infant.



Prep time
5 minutes
Cooking time
30 minutes



Storage
Suitable for
home freezing



Serves
Baby: 6 x 50 g portions
Toddler: 3 x 100 g portions



Allergy information
Free from milk, soya,
egg, wheat, sesame,
nuts & peanuts

Ingredients

- 200 g eating apples (prepared weight), peeled and remove the core
- 140 g ripe pears (prepared weight), peeled and remove the core
- 1 tbsp water
- 1 tsp lemon juice, strained
- Pinch ground cloves (optional)
- 6 scoops of powdered EleCare formula*

*Only use the scoop provided in the EleCare tin

Method

1. Peel and remove the seeds and core of the fruits. Chop the pears into small chunks and thinly slice the apples.
2. Place the prepared apples, pears, water, lemon juice and cloves in a pan.
3. Bring to the boil, then turn down the heat and simmer gently for 25–30 minutes, stirring occasionally.
4. Remove from the heat when the fruit is soft. Cool for 5 minutes, remove the cloves, then blend the fruits to a purée.
5. Stir in EleCare formula and mix well.



✓ Source of **vitamin A and vitamin C**

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Tips

Recommendations

- Dessert apples take longer to soften during cooking than cooking apples, however, dessert apples have a natural sweetness that your infant will love
- Cooking apples pulp easily, but may be too tart for your infant

Freezing instructions

Once cooled, freeze in portions immediately. Cover tightly to exclude all air when freezing. Fruit purée can be stored in a freezer for up to one month. Defrost in the fridge and if reheating ensure that the food is piping hot throughout, stirring well to ensure even heat distribution. Cool to body temperature before serving to your infant.

Fruit purée: banana & avocado

This nutrient packed purée is a sweet and creamy meal for your infant to enjoy. This quick and easy no-cook recipe makes for a surprisingly tasty combination.



Prep time

5 minutes

Cooking time

No cook recipe



Storage

Suitable for home freezing



Serves

Baby: 4 x 30 g portions
Toddler: 2 x 60 g portions



Allergy information

Free from milk, soya, egg, wheat, sesame, nuts & peanuts

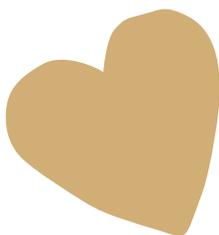
Ingredients

- ½ small ripe avocado (60 g, prepared weight)
- ½ small ripe banana (40 g, prepared weight)
- 2 tsp lemon juice (strained and without pips)
- 3 scoops of powdered EleCare formula*
- 1 tsp water (optional)

*Only use the scoop provided in the EleCare tin

Method

1. Prepare the avocado by cutting it in half, removing the stone and scooping out the centre. Place the avocado pieces into a bowl.
2. Peel and slice the banana into small pieces. Add the sliced banana and lemon juice to the avocado, and mash or blend everything together.
3. Stir in powdered EleCare and mix well.
4. Add the water at the end if needed to achieve the desired consistency.





✓ Source of **healthy fat and vitamins**

Top
Tips

Variations

- 1 This recipe can be blended to a purée or simply mashed for more texture

Refrigeration instructions

Avocado and banana both oxidise and go brown very quickly. Keep your extra portions looking fresh with this simple trick: place them in a small dish. Gently pour a little cold water down the side of the dish until the mixture is completely covered. Store in the fridge for up to 24 hours. Carefully pour off all the water before serving, stir and serve! You can also use avocado oil or other vegetable oil in place of the water.

Freezing instructions

Freeze in portions. Place in a container and carefully pour water down the side of the container on top of the purée to a depth of ½ cm. Cover tightly and store in the freezer for a maximum of 14 days. Defrost in the fridge. Carefully discard the defrosted water. There may be slight discolouration to the top layer of purée which can be discarded. Stir before serving.

Oaty porridge

Making infant porridge is quick and easy. Oats release long-lasting energy, making this a great breakfast option for your infant.



Prep time
5 minutes

Cooking time
1 minute



Storage
NOT suitable for
home freezing



Serves
3 x 45 g servings



Allergy information
Free from milk, soya,
egg, sesame,
nuts & peanuts

Ingredients

- 20 g instant porridge oats (otherwise known as 'quick oats'. Use plain oats, without added sugar or other ingredients)
- 90 ml cold water
- Pinch of cinnamon powder
- 3 scoops of powdered EleCare formula* made up in 30 ml water

*Only use the scoop provided in the EleCare tin

Method

1. Put the instant porridge oats, cinnamon and water into a saucepan. Bring to boil and simmer for 30 seconds, stirring constantly. Remove from the heat and set aside to cool.
2. Make up the EleCare formula. Stir into the cooled porridge.



Great source of **slow release energy and soluble fibre**

Recommendation

- Do not be tempted to cook all the ingredients together in the pan as the porridge will discolour to an unappetising grey. The EleCare powder must be added to the cooled porridge just before serving

Top
Tips

Variations

- 1 Try delicious ripe, mashed, soft fruits as a topping (e.g. mashed mango or peach) or tinned fruits in natural juice (not in syrup—this contains added sugar)
- 2 When your child is happy with finger foods, serve with fingers of banana
- 3 If your child is gluten or wheat intolerant, use gluten free oats* or replace the porridge oats with buckwheat (which is wheat free, despite its name!), quinoa flakes, amaranth flakes or millet flakes. Adjust the cooking time to ensure that your substitute is completely cooked

*Although oats are naturally gluten free, processing techniques may mean some sources of oats are contaminated so choose gluten-free oats if avoiding gluten

Fluffy breakfast mini pancakes

These delicious little pancakes are perfect for infant-led weaning as they are fun, easy to eat and packed with goodness!



Prep time
5–10 minutes
Cooking time
10 minutes



Storage
Suitable for
home freezing



Serves
30 x 10 g mini pancakes
(suitable for 10–12 months)



Allergy information
Free from milk, soya,
egg, sesame,
nuts & peanuts

Ingredients

- 100 g self-raising flour
- 1 tsp bicarbonate of soda
- 100 g very ripe banana (prepared weight)
- 210 ml water
- 7 scoops of powdered EleCare formula*
- 10 g dairy-free margarine (for greasing the pan)

*Only use the scoop provided in the EleCare tin

Method

1. Peel, cut and mash the ripe bananas. Combine all the ingredients except the margarine together in a bowl to make a smooth batter.
2. Take a heavy-based non-stick frying pan and rub with half a teaspoon (2.5 g) dairy-free margarine.
3. Place on a medium heat.
4. Once the pan is hot use a dessert spoon to drop small circles of batter into the pan.
5. Turn over halfway through cooking so that each side is gently browned then take off the heat into a separate dish ready for serving.
6. Repeat steps 2–4 until all the batter is used up, adding dairy-free margarine onto the pan between each batch.





Variations

- 1 Serve with fruit purée

Freezing instructions

To freeze, place pancakes separately on baking parchment on a flat tray and seal. 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. Can be reheated using a microwave or oven.

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Tips

Basic white sauce

White sauce is found as the basis for many delicious recipes. Some recipes in this book require the basic white sauce (e.g. cod in parsley sauce), whereas other recipes require a white sauce with a thinner consistency (e.g. lasagne). Please check the instructions to confirm which sauce is required.



Prep time

5 minutes

Cooking time

5 minutes



Storage

Suitable for home freezing



Serves

Makes 250 ml
(suitable from 6 months)



Allergy information

Free from milk, soya, egg, sesame, nuts & peanuts

Ingredients

Basic white sauce (250 ml)

- 210 ml cold water
- 7 scoops of powdered EleCare formula*
- 25 g dairy-free margarine or spread
- 25 g plain wheat flour (or 15 g cornflour for a gluten-free recipe)
- Pinch nutmeg (optional)
- Pinch ground black pepper (optional)

Thinner white sauce (300 ml)

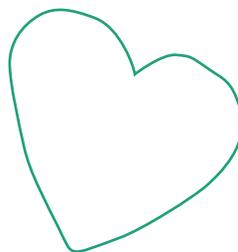
- 300 ml cold water
- 10 scoops of powdered EleCare formula*
- 25 g dairy-free margarine or spread
- 25 g plain wheat flour (or 15 g cornflour for a gluten-free recipe)

*Only use the scoop provided in the EleCare tin

Method

1. Place all the ingredients in a saucepan and mix together before heating, using a whisk to combine (avoid using a wooden spoon).
2. Continually whisk until smooth on a low/medium heat until the sauce thickens and bubbles gently.†
3. Continue to whisk for a further 30 seconds then remove the pan from the heat.

†If the sauce turns a caramel to brown colour, it has been overcooked, please discard and start again





Good source of **calcium**

Top
Tips

Recommendation

- Don't forget that white sauces thicken as they cool. These recipes have been designed so that the sauce runs easily off the spoon at boiling point, but will thicken to the perfect viscosity at serving temperature

Variations

- 1 If avoiding gluten and/or wheat, use cornflour or a gluten-free flour mix to thicken (you may need to add more water to get the right consistency)
- 2 Turn over to p. 30 & 31 for some great adaptations of this versatile white sauce
- 3 To make tomato sauce add 1 tsp of tomato purée and a pinch of dried mixed herbs

Freezing instructions

Freeze in portions and cover tightly. White sauce can be stored in a freezer for up to one month. Defrost in fridge. When reheating, make sure you return the product to a gentle boil, whisking constantly. Note, once defrosted the white sauce may appear to have a curdled texture, this will disappear on reheating and the sauce will return to a smooth, creamy texture. Stir constantly whilst reheating.

Sauces you can make from basic white sauce

White sauce is versatile and is the perfect complement to many dishes. Depending on what you're making, parsley or cheese sauce provides a rich and creamy flavour to your meals for your infant and family to enjoy.

Parsley sauce

Ingredients

- Basic white sauce (250 ml, p. 28)
- 8–10 g parsley, finely chopped

Method

1. Finely chop the parsley.
2. Add chopped parsley to the hot basic white sauce (250 ml) just before serving.

Cheese sauce

Ingredients

- Basic white sauce (250 ml, p. 28)
- 50 g of dairy-free/
soya-free grated cheese

Method

1. Make up the basic white sauce (250 ml) then add the grated cheese to the hot sauce.
2. Whisk well, and serve.



For **allergy information** please refer to basic white sauce recipe (p. 28)

Variations

1

A strong-flavoured dairy-free cheese will give you the perfect cheese sauce for your infant to enjoy. If you opt for a milder-flavoured dairy-free cheese, you will need a larger quantity, which will effect the texture of the sauce. Remember that dairy-free cheese does not behave in the same way as cheese made from dairy

Freezing instructions

Freeze in portions and cover tightly. These sauces can be stored in a freezer for up to one month. Defrost in fridge. When reheating, make sure you return the sauce to a gentle boil, whisking constantly. Note, once defrosted these sauces may appear to have a curdled texture, this will disappear when reheating provided the sauce is whisked thoroughly.

Top
Tips

Cod in parsley sauce

A simple recipe that's full of flavour and texture, this meal can support your infant's developing palate.

Ingredients

- Cod (or white fish/salmon)
- 250 ml parsley sauce (p. 30)



Allergy information
Free from milk, soya, egg, sesame, nuts & peanuts

Method

1. Make up EleCare formula in cold water (7 scoops in 210 ml water).
2. Poach the fish gently in made-up EleCare until the fish starts to flake and is cooked through (check to make sure there are no tiny bones).*
3. Remove the fish, cover and keep warm while you make up the parsley sauce.
4. Prepare the basic white sauce (p. 28). Use the EleCare poaching liquid from the fish and add the dairy-free margarine, flour, nutmeg and black pepper. Whisk to combine and then place over a medium heat and bring to the boil, whisking constantly.*
5. When the sauce reaches boiling and has thickened, remove from the heat and stir in the parsley.
6. Transfer the fish to infant's plate, spoon over the parsley sauce and serve with delicious, iron-rich green vegetables (e.g. broccoli, spinach or petits pois).

*If the made-up EleCare for poaching the fish or the sauce turns a caramel to brown colour then it has been overcooked—please discard and start again



Stage 2 recipes – Exploring textures (6–9 months)

Stage 3 recipes – Family foods (12+ months)

Butternut squash mac ‘n’ cheese

The creamy flavour and natural sweetness of the butternut squash provides a delicious vegetarian option for your infant to enjoy.



Prep time
10 minutes
Cooking time
20 minutes



Storage
Suitable for
home freezing



Serves
Baby: 12 x 55 g portions
Toddler: 6 x 110 g portions
(suitable from 10 months)



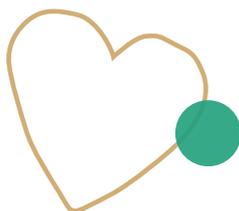
Allergy information
Free from milk, soya,
egg, sesame,
nuts & peanuts

Ingredients

- 150 g butternut squash, peeled and diced into small 1 cm cubes)
- 75 g dried macaroni (check it is egg-free)
- 1 tsp oil
- 75 g petits pois
- 250 ml cheese sauce (p. 30)
- Extra sprinkle of finely grated dairy-free cheese to decorate

Method

1. Prepare the butternut squash.
2. Place the butternut squash in a pan, cover with boiling water and cook over a low heat until soft (approx. 15 mins). Add the petits pois and turn up the heat to high. Bring the pan back to the boil, then remove from the heat immediately and drain.
3. In a separate pan cook the pasta until soft (with 1 tsp oil to stop it sticking), then drain and rinse with boiled water.
4. Make up the cheese sauce (see p. 30).
5. Transfer the butternut squash, pasta and petits pois into a bowl and add the sauce. Mix until all ingredients are combined.
6. Sprinkle with finely grated dairy-free cheese to finish.





Good source of **calcium**

Top
Tips

Variations

- 1 If your child has a gluten or wheat allergy, use a cornflour-based white sauce (p. 28), and swap the macaroni for a gluten-free alternative (e.g. red lentil pasta or buckwheat pasta)
- 2 Try swapping butternut squash with sweet potato, pumpkin or swede
- 3 Petits pois add colour, protein, vitamins & minerals so are a great option for a vegetarian choice

Freezing instructions

Once cooled, freeze in portions immediately. This recipe can be stored in the freezer for up to one month. Cover tightly to exclude all air when freezing. Defrost in the fridge and reheat in a pan over medium heat until piping hot, stirring occasionally. You may need to add a little water to achieve the desired consistency.

Stage 2 recipes – Exploring textures (6–9 months)

Stage 3 recipes – Family foods (12+ months)

Fabulous fish bake

Fish is an amazing source of protein, vitamins and minerals. This nutritious recipe is great for a family meal and for your growing infant.



Prep time

20 minutes

Cooking time

30-40 minutes



Storage

Suitable for home freezing



Serves

Baby: 10 x 100 g portions
Toddler: 5 x 200 g portions
(suitable from 10 months)



Allergy information

Free from milk, soya, egg, sesame, nuts & peanuts

Ingredients

Fish

- 100 g natural smoked haddock (skin on)
- 100 g skinless cod fillet
- 200 g skinless salmon fillet cut into two 100 g portions
- 20 g dairy-free margarine

Topping

- 2 medium potatoes and 1 small sweet potato (approx. 400 g total)
- 25 g dairy-free margarine
- 4 scoops of powdered EleCare formula made up in 40 ml water

Spinach (do not include spinach if freezing)

- 4 frozen spinach nuggets (each ball weighs approx. 40 g before being defrosted)

Sauce

- 300 ml water
- 10 scoops of powdered EleCare formula*
- 25 g dairy-free margarine
- 25 g plain flour
- Juice of 1 lemon
- 50 g dairy-free strong melting cheese, finely grated (+ some extra for sprinkling on top!)
- 15 g parsley, finely chopped

*Only use the scoop provided in the EleCare tin



Good source of **omega 3**



Good source of **calcium**



Good source of **iron**



Good source of **energy**

Method

1. Preheat oven to 190°C, gas mark 5 and place fish on baking parchment on a baking tray. Dot with dairy-free margarine.
2. Bake for 10 minutes until just cooked through and fish is starting to flake. Remove from the oven and set aside.
3. Peel and dice the potatoes and sweet potatoes into small cubes. Bring to the boil in a pan and simmer until soft (approx. 15 minutes). Drain and add dairy-free spread and EleCare. Mash until smooth and set aside.
4. Finely chop the defrosted spinach.
5. Make up the cheese sauce—put all the ingredients together in a pan (except for the parsley) over a medium heat, stirring constantly until thickened and bubbling. Then stir in the parsley.

Assemble the fabulous fish bake:

6. Remove the skin from the haddock and check to make sure there are no tiny bones. Flake all the fish into a baking dish, or divide into ramekins.
7. Pour the sauce over the fish and then add a layer of spinach.
8. Top with the potato/sweet potato mash & sprinkle with extra grated cheese.
9. Extra portions can be frozen at this stage.
10. Bake in the oven for 15 minutes ramekin (or around 30 minutes for a family dish) until bubbling and piping hot throughout. Do not over-cook. Allow to stand for 5 minutes before serving. Ensure that infant's portion is cooled to body temperature throughout.

Caution

- Check the fish for bones as this is a choking hazard
- If crustaceans (e.g. prawns) are used, take care to ensure that they are fully cooked

Top Tips

Freezer instructions

Once assembled and cooled, freeze extra portions immediately (see step 4 in 'Assemble the fabulous fish bake' above). Cover tightly to exclude all air when freezing. This meal can be stored in a freezer for up to one month. Defrost in the fridge and reheat in the oven until bubbling and piping hot throughout. It is especially important to check this at the centre of the dish. Once cooked allow to cool to body temperature before serving.

Stage 2 recipes – Exploring textures (6–9 months)

Stage 3 recipes – Family foods (12+ months)

Custard

With its thick and creamy texture, this is a dish your little one will enjoy. This easy recipe is delicious on its own, or as a perfect accompaniment to all sorts of delicious desserts, including fruit purées and chopped or mashed fruits.



Prep time

1 minute

Cooking time

3 minutes



Storage

NOT suitable for home freezing



Serves

Makes 270 ml

Baby: 6 x 45 ml portions

Toddler: 3 x 90 ml portions



Allergy information

Free from milk, soya, egg, wheat, sesame, nuts & peanuts

Ingredients

- 2 tbsp milk-free custard powder* (15 g)
- 1 tsp vanilla extract (optional)
- 270 ml cold water
- 6 scoops of powdered EleCare†

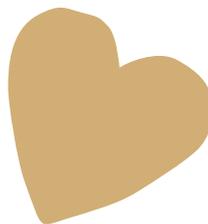
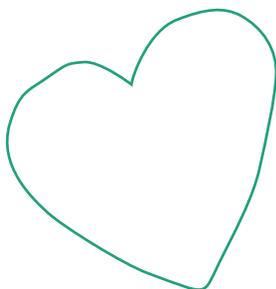
* Check label of custard powder

† Only use the scoop provided in the EleCare tin

Method

1. Place all the ingredients together in a pan and whisk together thoroughly until all the custard powder lifts from the bottom of the pan.
2. Place the pan on a medium heat, whisking constantly until it boils.[†]
3. Continue to whisk over the heat for 30 seconds.
4. This can be served warm or cold from the fridge.

[†]If the custard turns a caramel to brown colour then it has been overcooked—please discard and start again





Good source of **calcium**

Top
Tips

Variations:

- 1 Try stirring some fruit purée into the custard to sweeten it and add colour
- 2 Banana custard is a family favourite—serve with mashed banana for infants, or banana fingers for toddlers

Refrigeration instructions

This recipe is not suitable for freezing. You can store the excess in the fridge for no more than 24 hours. Reheat over a medium heat stirring constantly until the custard is piping hot throughout. Cool to body temperature before serving to your infant.

Stage 2 recipes – Exploring textures (6–9 months)

Stage 3 recipes – Family foods (12+ months)

Mango rice pudding

A delicious, naturally sweetened rice pudding recipe which is a great way to give your little one a yummy treat.



Prep time

5 minutes

Cooking time

25-30 minutes



Storage

NOT suitable for home freezing



Serves

3 x 45 g portions
(suitable from 10 months)



Allergy information

Free from milk, soya, egg, wheat, sesame, nuts & peanuts

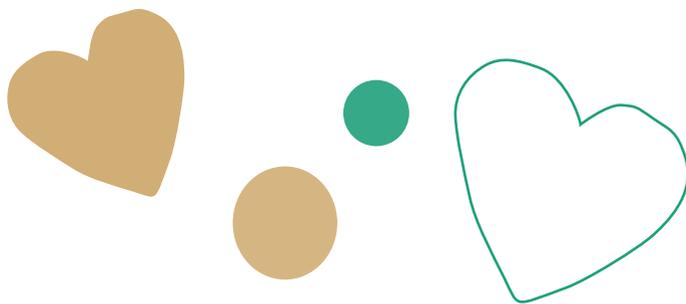
Ingredients

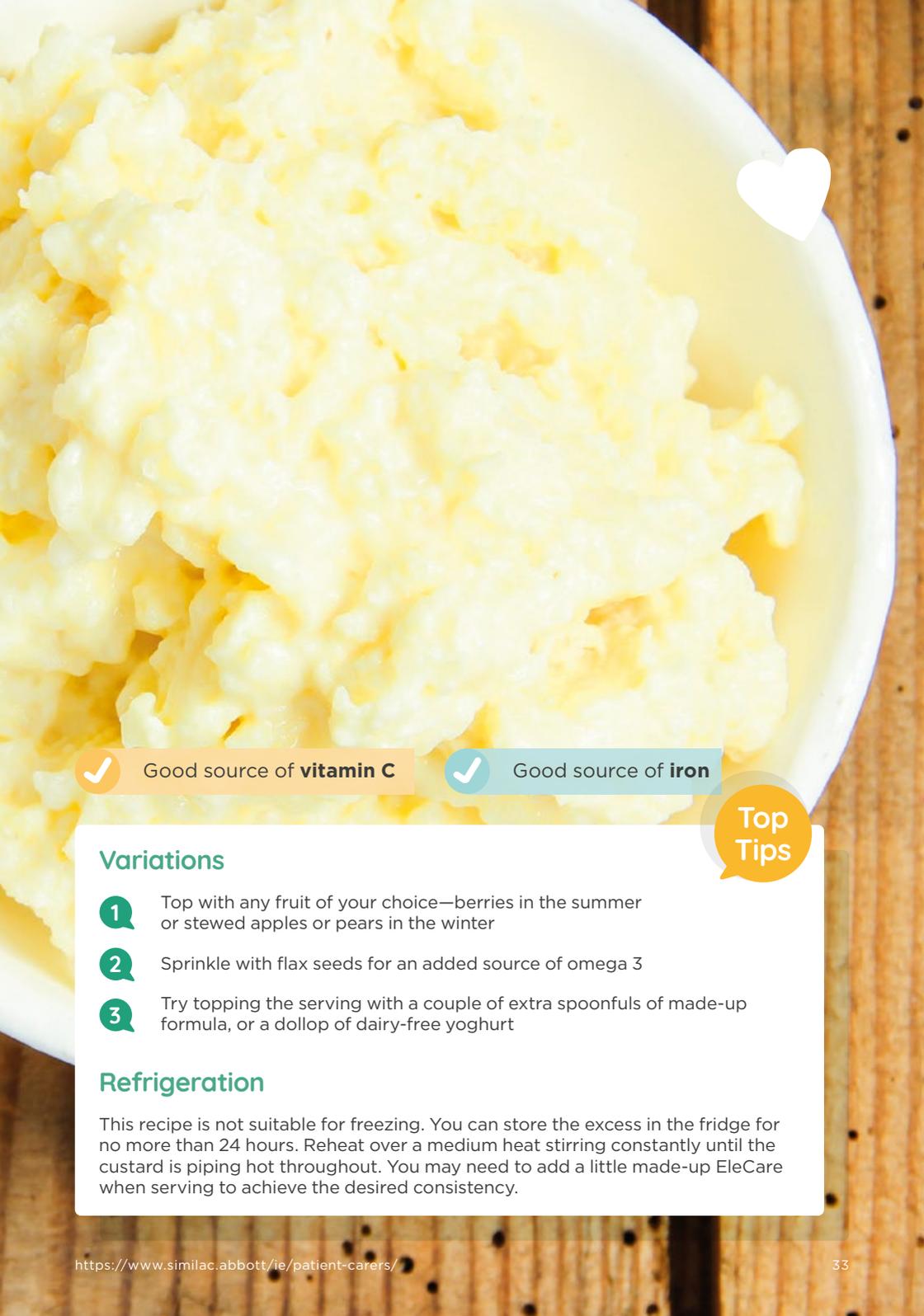
- 25 g pudding rice
- 150 ml boiling water
- ½ tsp vanilla extract
- 3 scoops of powdered EleCare*
- 75 g ripe mango flesh, mashed

*Only use the scoop provided in the EleCare tin

Method

1. Place boiling water and the pudding rice into a saucepan and return to the boil.
2. Stir, reduce the heat to low and cover. Simmer gently for 25–30 minutes until the grains are completely cooked and soft (the rice will still be quite wet).
3. Remove from the heat and stir in the powdered EleCare and vanilla. Leave to stand for 5 minutes.
4. Serve topped with mashed mango or a favourite fruit purée for natural sweetness and colour.





Good source of **vitamin C**



Good source of **iron**

Top
Tips

Variations

- 1 Top with any fruit of your choice—berries in the summer or stewed apples or pears in the winter
- 2 Sprinkle with flax seeds for an added source of omega 3
- 3 Try topping the serving with a couple of extra spoonfuls of made-up formula, or a dollop of dairy-free yoghurt

Refrigeration

This recipe is not suitable for freezing. You can store the excess in the fridge for no more than 24 hours. Reheat over a medium heat stirring constantly until the custard is piping hot throughout. You may need to add a little made-up EleCare when serving to achieve the desired consistency.

Stage 2 recipes – Exploring textures (6–9 months)

Stage 3 recipes – Family foods (12+ months)

Pea pesto dip

A fresh and flavour-packed meal made with a few simple ingredients. This tasty dish can be enjoyed by both your infant and the whole family.



Prep time

2 minutes

Cooking time

1 minute



Storage

NOT suitable for home freezing



Serves

Makes 160 g

Baby: 4 x 40 g portions

Toddler: 2 x 80 g portions
(suitable from 7 months)



Allergy information

Free from milk, soya, egg, wheat, sesame, nuts & peanuts

Ingredients

- 100 g frozen petits pois
- 2 tsp dairy-free Parmesan cheese (check ingredients)
- 50 ml olive oil
- 4 g basil leaves
- 1 tbsp lemon juice strained
- 1 small garlic clove, crushed or chopped (2 g)
- 4 scoops of powdered EleCare*

*Only use the scoop provided in the EleCare tin

Method

1. Put the peas in a saucepan and cover with boiling water. Place the pan on the heat and bring to the boil.
2. Allow to boil for a maximum of 30 seconds then drain the peas immediately.
3. Add the peas to a food processor along with the rest of the ingredients (except the EleCare). You can use a hand blender instead if you wish.
4. Blend until smooth.
5. Stir in the powdered EleCare.



✓ Good source of **energy**

**Top
Tips**

Variations

- 1 To make pesto pasta simply mix a few spoons of the pesto into cooked pasta

Refrigeration

This recipe can be stored in a jar in the fridge for up to 24 hours.

Nutritional information

The recipes in this collection have the nutritional information per the whole recipe listed—so whatever your infant's needs, you can decide to tailor the ingredients or simply choose between meals to ensure your infant receives a balanced and healthy diet. The nutritional information will vary based on the ingredients you use.

Veg purée: broccoli and potato (p. 12)

Fruit purée: apple & pear purée (p. 14)

Fruit purée: banana & avocado (p. 16)

Oaty porridge (p. 18)

Fluffy breakfast mini pancakes (p. 20)

Basic white sauce (p. 22)

Butternut squash mac 'n' cheese (p. 26)

Fabulous fish bake (p. 28)

Custard (p. 30)

Mango rice pudding (p. 32)

Pea pesto (p. 34)

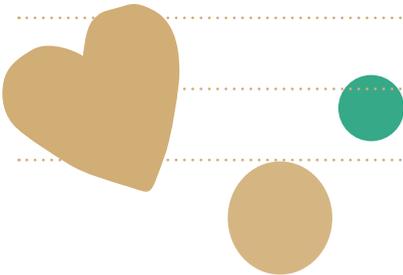
*Please note the totals are the approximate amount of nutrients and energy for the WHOLE recipe and NOT per portion.



	Energy (kcal)	Protein (g)	Fat (g)	Carbohydrate (g)	Carbohydrate of which sugars (g)	Iron (mg)	Calcium (mg)
	563	11	31	59	6	13.1	256
	277	4	10	51	41	1.6	123
	235	5	12	19	10	1.9	75
	133	4	4	20	1	1.6	72
	580	14	8	112	20	5.6	279
	345	6	21	33	1	2.4	181
	754	17	35	97	21	9.4	632
	1909	115	100	132	23	23.6	1027
	160	3	5	24	1	1.6	123
	185	4	3	36	11	3.5	72
	714	8	68	14	2	2.2	80

Notes

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For more information about EleCare or Abbott's Cow's Milk Allergy range, please call the Abbott Nutrition Dietetic Helpline on 1800 411 411 or visit our website <https://www.similac.abbott/ie/patient-carers/>

References

1. Food Safety Authority of Ireland (FSAI). Best Practice for Infant Feeding in Ireland (2011). Available online at: https://www.fsai.ie/publications_infant_feeding/ [Accessed April 2022]. **2.** Health Service Executive (HSE). Drinks for children aged 1 to 4 years. Available online at: <https://www2.hse.ie/wellbeing/babies-and-children/weaning-eating/nutrition-child/drinks/> [Accessed April 2022]. **3.** NHS. Help your baby enjoy new foods. Available online at: <https://www.nhs.uk/conditions/baby/weaning-and-feeding/help-your-baby-enjoy-new-foods/#:~:text=It%20may%20take%2010%20or,to%20new%20flavours%20and%20textures.> [Accessed April 2022]. **4.** Health Service Executive (HSE). Vitamin D for babies 0 to 12 months. Available online at: <https://www2.hse.ie/wellbeing/babies-and-children/weaning-eating/nutrition-baby/vitamin-d/> [Accessed April 2022]. **5.** Food Safety Authority (FSAI). Infant formulae and follow-on formulae. Available online at: https://www.fsai.ie/legislation/food_legislation/foods_for_particular_nutritional_uses/infant_formulae_and_follow_on_formulae.html [Accessed April 2022]. **6.** European Food Safety Authority (EFSA). Dietary Reference Values for nutrients. Summary report. 2019. Available at: <https://www.efsa.europa.eu/en/supporting/pub/e15121> [Accessed April 2022]. **7.** National Dairy Council. Dairy alternatives - how do they compare? Available online at: https://ndc.ie/wp-content/uploads/2019/06/DN_Forum_Alternatives_FINAL.pdf [Accessed April 2022].

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