

♥ Blue-Nana Sunrise Breakfast ♥

This breakfast fits into any morning routine. A blend of oats and fruit makes it healthy and fresh!



Time: 30mins

Level: Easy

Serves: 1

Ingredients:

- ♥ 250mL of Compleat® paediatric
- ♥ ½ small banana
- ♥ 40g plain ground porridge oats (cooked in water)
- ♥ 25g fresh blueberries

Nutritional Content Per Serving:

487kcal, 14.1g protein, 15.8g fat,
71g carbohydrate, 5.2mg iron, 312.4mg calcium

Allergens: milk (milk protein), fish (fish oil)









Compleat®
paediatric

Instructions

- 1 Cover the oats in water and simmer for 10 minutes until cooked. Allow to cool.
- 2 Place the cooked oats in a blender with $\frac{1}{4}$ of the Compleat® paediatric and blend until smooth.
- 3 Wash the blueberries in cold water and drain.
- 4 Add the peeled banana, blueberries and the remainder of the Compleat® paediatric to the oat mixture and blend further for approximately 3-4 minutes until completely smooth.
- 5 This mixture may need to be passed through a sieve to remove any blueberry skins.

Preparation Tips:

-  A high-speed blender is recommended to ensure the mixture is completely smooth.
-  Sieving the mixture well after blending will prevent tube blockages.
-  Stir the mixture thoroughly before administering the feed.
-  Fresh herbs are optional. Ensure they are chopped well and added last.
-  Follow food hygiene and safety guidelines during the preparation of this recipe.
-  If your child requires catch up weight gain, you can cook oats using full fat milk.

Compleat® paediatric recipes are not suitable for freezing. This recipe is suitable for one feed and any unused liquid should be thrown away. Any remaining feed in the Smart Flex bottle can be kept in the fridge and used within 24 hours.



These recipes should only be used following recommendation by your dietitian or healthcare professional.

www.nestlehealthscience.co.uk/compleat-paediatric-recipes

