

♥ Sweet Day Ahead Breakfast ♥

Packed with protein for a powerful start to the day!



Time: 30mins

Level: Intermediate

Serves: 1

Ingredients:

- ♥ 125mL of Compleat® paediatric
- ♥ 90g cooked quinoa
- ♥ 60g cooked apple sauce (1 cooking apple)
- ♥ 2 egg whites cooked
- ♥ ½ tsp ground cinnamon

Nutritional Content Per Serving:

324kcal, 17.3g protein, 7.9g fat, 45.2g carbohydrate, 3.7mg iron, 180mg calcium

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







Compleat®
paediatric

Instructions

- 1** Cover the quinoa in water and simmer gently for 15 minutes. Once cooked, allow to cool.
- 2** Separate the egg whites from the yolk. Place a non-stick frying pan on a medium heat. Once the pan is hot, add the egg whites into the pan and cook for 2 minutes, until cooked through.
- 3** Peel the apple, remove the core and cut into cubes. Add the apple with 2tsp of water into a small saucepan. Place on a medium heat for 3 minutes and simmer. Once softened, mash the apple and allow to cool.
- 4** Place all ingredients in the blender with $\frac{1}{4}$ of the Compleat® paediatric and blend for 1 minute until a paste forms. Add the remainder of the Compleat® paediatric and blend until completely smooth.

Preparation Tips:

-  A high-speed blender is recommended to ensure the mixture is completely smooth.
-  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.

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

