

♥Tasty Chickpea Lunch ♥

This lunchtime treat is full of protein and fibre to keep the hunger away!



Time: 30mins

Level: Easy

Serves: 1

Ingredients:

- ♥ 250mL of Compleat® paediatric
- ♥ 10g fresh spinach (chopped)
- ♥ 33g fresh blueberries
- ♥ 40g tinned chickpeas

Nutritional Content Per Serving:

354kcal, 12.4g protein, 7.9g fat,
45.2g carbohydrate, 3.7mg iron, 180mg calcium

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








Compleat®
paediatric

Instructions

- 1 Drain the tinned chickpeas of all liquid.
- 2 Wash the fresh spinach and blueberries in cold water and drain.
- 3 Place all the ingredients in the blender and blend for approximately 3 minutes until completely smooth.
- 4 Check for chickpea skin as this may need passing through a sieve to achieve a smooth consistency.

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.

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

