

INFORMATION FOR HEALTHCARE PROFESSIONALS TO GIVE TO PARENTS/CARERS

SWHEAT START TO THE DAY

Wheat biscuits breakfast

Equipment:

Hand or jug blender • Mixing bowl • Spatula • Chef's knife • Chopping board • Sieve • Measuring jug



Allergens: Milk, fish, wheat, malted barley extract.

Ingredients:

- ♥ 1 medium banana
- ♥ 1 wheat biscuit
- ♥ 125ml Compleat® paediatric
- ♥ 30ml single cream
- ♥ **Optional:** cinnamon or nutmeg

Prep: 10 mins

Cook: Nil

Ready In: 15 mins

Serves: 1

Full portion: 270ml (4.5 x 60ml syringe) | **Difficulty:** Easy

Instructions:

- 1** Add 1 wheat biscuit to a bowl.
- 2** Chop 1 medium banana into slices and add to the bowl.
- 3** Pour 30ml single cream and 125ml Compleat® paediatric over the wheat biscuit and banana.
- 4** Crush the wheat biscuit with a spoon and leave it to soak for 5 minutes.
- 5** Blend to achieve a pancake batter consistency and texture.



←
**Watch
recipe video**

These recipes should only be used following recommendation by your dietitian or healthcare professional. www.nestlehealthscience.co.uk



Preparations Tips:



Less blending is required if the wheat biscuit is left to soak in the Compleat® paediatric and single cream.



Fruit can be swapped depending on preferences, for instance, swap the banana for tinned peaches, or pear.



Due to preparation, once opened, wheat biscuits, single cream and Compleat® paediatric should be stored as per instructions:



1. Single cream is to be kept refrigerated, and once opened, consumed within 3 days, by the 'use by' date shown.



2. Wheat biscuits are to be stored in a cool, odour-free place. For 'Best Before', see the bottom of box.



3. Compleat® paediatric should be stored in a cool dry place, and once opened, used within 24hrs. The feed can be stored in the refrigerator.



Always sieve blends until you are confident that you are achieving a completely smooth blend with no bits.

TO INCREASE THE ENERGY CONTENT OF THE RECIPE, ADD:

A Double cream: 1tbs (16g): 79kcal/330kj, 0.3g protein (contains milk)

B Raw Honey: 1tsp (7g): 23kcal/96kj

C Ground almonds:
1tbsp (15g): 92kcal/384kj, 3.2g protein (contains nuts)

TO LOWER THE ENERGY CONTENT:

A Replace single cream with water

*It is the responsibility of the caregiver to ensure the consistency of the feed is appropriate.

Energy and Protein Content

Portion Size	Serving (ml)	Syringe (Quantity x volume)	Energy (kcal/kj)	Protein (g)
Full Portion	270	4,5 x 60ml	364/1522	8.9
Half Portion	120	2 x 60ml (15ml wastage)	162/677	4.0
Third Portion	90	2 x 60ml	121/506	3.0

Please note: Your dietitian should help you to estimate the correct portion for your child; some children may need smaller portions.