

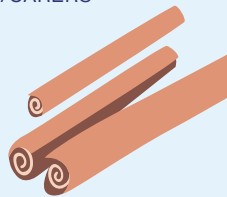


SWEET RICE

Rice Pudding

Equipment:

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



Allergens: Milk, fish.

Ingredients:

- ♥ 400g tinned rice pudding (200g to be used for recipe)
- ♥ 75g (1/2) cored pear
- ♥ 100ml Compleat® paediatric
- ♥ 3-4 drops vanilla essence
- ♥ **Optional flavourings:** cinnamon, ginger, cardamom, nutmeg

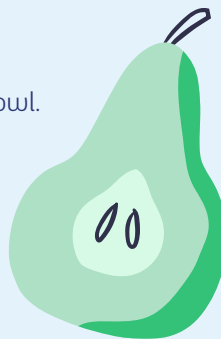


Prep: 10 mins | **Cook:** Nil | **Ready In:** 30 mins | **Serves:** 1

Full portion: 370ml (6 x 60ml syringe) | **Difficulty:** Easy

Instructions:

- 1 Divide the rice pudding can into 200g and empty into a mixing bowl.
- 2 Roughly chop half a pear (75g) and place into mixing bowl.
- 3 Add 3-4 drops vanilla essence to mixture.
- 4 Add 100ml Compleat® paediatric to a jug.
- 5 Blend the mixture to achieve a pancake batter consistency*.
- 6 Always sieve the blend before serving until you are confident that you are achieving a completely smooth blend with no bits.



←
**Watch
recipe video**

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



Preparations Tips:



Refer to the rice tin label for storage/ usage conditions before and after opening.



This recipe can be made from scratch with a variety of different rice options such as:



Adding coconut milk, dairy - alternative milk, or cream.



Swapping the fruit as needed dependent on the season e.g. banana, apple.



Other rice varieties that can be used include sushi rice, arborio rice, and short grain rice.



This recipe yields a 370ml total blend.



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

TO INCREASE THE ENERGY CONTENT OF THE RECIPE, ADD:

A Custard: 1 tbsp (35g): 35kcal/146kj (contains milk; may contain gluten)

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

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

TO LOWER THE ENERGY CONTENT, SWAP FOR:

A Low-fat tinned rice pudding

* 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	370	6 x 60ml (10-20ml wastage)	348/1456	10
Half Portion	185	3 x 60ml	174/728	5
Third Portion	93	1.5 x 60ml	87/364	2.5

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