

NUTRICIA

RECIPE BOOKLET



This recipe booklet is intended for parents or carers of children who have been prescribed Infatrini Peptisorb by a Healthcare Professional.

Infatrini Peptisorb is a Food for Special Medical Purposes for the dietary management of disease related malnutrition and growth failure in infants and young children with malabsorption and/or maldigestion. It must be used under medical supervision after consideration of all feeding options, including breastfeeding.

NUTRICIA
Infatrini
Peptisorb



Dietitian Foreword

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Introducing your baby to solid food is an exciting time, as you prepare to transition or 'wean' them from milk alone onto food. Everything is new to a baby at this time, including feeding from a spoon as well as the tastes, textures, sights and smells of the foods they are gradually exposed to.

Many parents find the weaning stage daunting. It can be even more challenging and stressful if your child has a medical condition which affects the foods they can be offered, such as food allergies and conditions causing malabsorption. The recipes in this booklet have been designed to help meet the nutritional needs of babies who require a specialist formula such as *Infatrini Peptisorb*.

It is important to note that in the early stages of weaning, the solid food taken should not replace breast feeds or formula feeds, but be given in addition to these feeds.

Infatrini Peptisorb

What is Infatrini Peptisorb?

Infatrini Peptisorb is an energy dense, specialised infant feed, designed to support children with tolerance issues.

Why has Infatrini Peptisorb been prescribed?

Infatrini Peptisorb has been prescribed by your Dietitian or Doctor as your baby may have some degree of malabsorption/maldigestion and requires an energy dense specialised formula to meet their nutritional needs.

Infatrini Peptisorb is a nutritionally complete feed that contains energy, protein, vitamins and minerals. It is nutritionally tailored to meet the needs of children with tolerance issues.



What is malabsorption/ maldigestion?


This occurs when your baby's digestive system is impaired or not working effectively to absorb nutrients from their feed/formula.

This can be the result of an underlying condition or disease, some types of drugs/medications/treatments or after bowel or other types of surgery. This means that your baby may need a specialised formula that is broken down and nutritionally tailored to meet your baby's nutritional needs.

Symptoms of malabsorption/maldigestion can include diarrhoea, abdominal distension, poor weight gain or tolerance issues on a standard infant formula.

When to use Infatrini Peptisorb?

Infatrini Peptisorb is suitable from birth onwards. As it is a nutritionally complete formula, your baby can stay on *Infatrini Peptisorb* until they are 18 months old or weigh up to 9kg in body weight. *Infatrini Peptisorb* must be used as prescribed by your Doctor or Dietitian.



How to reheat recipes made with Infatrini Peptisorb?

Warm recipes carefully by placing the dish of food in a bowl of warm water. Do not microwave or boil these recipes as it may affect the vitamin and mineral content of *Infatrini Peptisorb*.



Bottle and Cup Feeding

Infatrini Peptisorb may be poured from the bottle into a feeding cup/bottle. Infatrini Peptisorb is sterile* and ready to use at room temperature. It may also be warmed by placing the unopened bottle in warm water.

Warning:


Remember to test the temperature on your wrist before feeding. Never put Infatrini Peptisorb in the microwave. It is not recommended to heat any formula in a microwave due to the risk of “hot spots” in the product, which may cause scalding. It may also affect the nutritional content of the product.

**Infatrini Peptisorb is UHT sterilised.*





Cooking with Infatrini Peptisorb




Infatrini Peptisorb can be used in recipes for your baby, but you should check with your Dietitian first if this is an option for your child. Infatrini Peptisorb should be warmed carefully by immersing the unopened bottles in warm water but not boiled, as boiling can affect the nutritional content/delivery. Feed the puree to your child within 30 minutes of preparation.

How should I store the recipes made with Infatrini Peptisorb?

Feed the puree to your child within 30 minutes of preparation. Any food left in the bowl must be discarded straight away, as the spoon used to feed your baby has been in their mouth and contaminated the food.

If you add *Infatrini Peptisorb* to the puree then the extra portion should be stored in the fridge for up to 24 hours.

How should I store Infatrini Peptisorb?



Infatrini Peptisorb should be stored in a cool, dry place (5-25°C) and away from direct sunlight. Once opened, Infatrini Peptisorb bottles should be stored in a refrigerator (<4°C) immediately and unused contents should be discarded within 24 hours. If kept outside the fridge unused contents should be discarded within 4 hours. Always discard unfinished feeds.

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Overnight Oats

Ingredients*

- 1 Heaped tbsp Porridge Oats**
- 40ml *Infatrini Peptisorb*

Makes 1 Portion

Method

- 1 Measure 1 heaped tablespoon of porridge oats** into a clean bowl or pot.
- 2 Pour over 40ml of *Infatrini Peptisorb*, using the volume view on the side of the bottle to measure out the correct volume, and stir to combine.
- 3 Cover and store in the fridge for 12 hours (or a minimum of 4 hours).
- 4 If not wanted to be taken chilled, warm gently by placing the bowl in hot water.
- 5 Stir again before serving.



Variations Add pureed fruit before serving

** Allergens may be present, please check individual product labels. If concerned about allergens please contact your healthcare professional.*

*** If a smoother, finer texture is required (depending on the stage of weaning of your baby), blend the oats to a fine powder before soaking.*

Per Portion

98 Calories

2.7g Protein

Baby's First Scrambled Egg

Suitable from 6 months (or the start of weaning)

Ingredients*

- 1 Medium Egg
- 40ml *Infatrini Peptisorb*



Makes 1 Large Portion (or 2 Small Portions**)

Method

- 1 Put the egg in a small saucepan and cover with cold water.
- 2 Bring to a full rolling boil then turn off the heat and cover, leaving the egg to sit in the saucepan for 12 minutes.
- 3 Run the egg under cold water, crack and remove the egg shell.
- 4 Mash the hard-boiled egg with 40ml *Infatrini Peptisorb* until the desired texture is achieved.
- 5 For a smooth puree consistency the mixture can be blended with a food processor, hand blender or pushed through a sieve.
- 6 Add extra *Infatrini Peptisorb* to thin the puree if required.
- 7 Serve immediately.

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** The extra portion can be stored in the fridge for up to 24 hours. Please note this recipe cannot be frozen.

Per Small Portion

128 Calories

9g Protein

Avocado & Banana Puree

Ingredients*

- ½ Ripe Avocado
- ½ Ripe Banana
- 40ml *Infatrini Peptisorb*

Makes 2 Portions**

Method

- 1 Mash the avocado and banana with 40ml *Infatrini Peptisorb* using a fork, until the desired consistency is achieved.
- 2 If a completely smooth puree is required the puree can be sieved.
- 3 Add extra *Infatrini Peptisorb* to thin the puree if required.
- 4 Serve immediately.

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** The extra portion can be stored in the fridge for up to 24 hours. Please note this recipe cannot be frozen.

Per Portion

112 Calories

1.4g Protein

Spiced Pumpkin & Apple Puree

Ingredients*

- ½ Small Pumpkin (or Butternut Squash) Approx. 500-600g
- 1 Apple – Peeled, Cored and Diced
- Pinch of Cinnamon
- Pinch of Nutmeg
- 1 tbsp Oil (Vegetable, Sunflower or Olive Oil)
- 1 tbsp Water
- Approx. 80ml *Infatrini Peptisorb*

Makes 4 Portions**

Method

- 1 Preheat the oven to 200°C.
- 2 Cut the pumpkin (or butternut squash) in half, through the stalk, and scoop out the seeds with a spoon.
- 3 Pour the oil onto a baking tray and place the pumpkin (or butternut squash) cut-side down onto the oiled tray.
- 4 Bake in the oven for 30-40 minutes, or until the flesh of the pumpkin is soft.
- 5 Once the pumpkin is cooked, peel and core the apple and cut into small cubes.
- 6 Place in a small saucepan with 1 tablespoon of water, cover and cook on a low heat for 4-5 minutes or until tender.
- 7 Drain any excess water from the apple.

Please
Turn Over



- 8 Scoop out the flesh of the pumpkin (or butternut squash), leaving only the skin, and combine with the apple.
- 9 Add a pinch of cinnamon and nutmeg and blend† in a food processor or using a hand blender until smooth.
- 10 Spoon out 1 portion of puree and add 10ml-20ml of Infatrini Peptisorb and stir well to combine.

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*** Store the remaining puree in the fridge (for up to 24 hours), or freeze. After warming up the puree, add Infatrini Peptisorb at the point of serving.*

† Please be aware that blending hot foods can be dangerous. Always check the manufacturer's instructions to ensure that your blender is suitable for processing hot foods and follow their instructions for safe blending.

Per Portion

92 Calories

1.8g Protein

Chicken, Sweet Potato & Courgette Puree

Ingredients*

- ½ Chicken Breast, Approx. 80g – Diced
- 1 Small Sweet Potato – Peeled and Diced
- ½ Courgette – Peeled and Diced
- 100ml Freshly Boiled Water
- 1 Baby Stock Cube (Optional)
- Approx. 80ml *Infatrini Peptisorb*



Makes 4 Portions**

Method

- 1 Mix the baby stock cube with 100ml of freshly boiled water and stir.
- 2 Add the chicken, sweet potato, courgette and stock to a saucepan and cover.
- 3 Bring to the boil, then turn down the heat and simmer for 15-20 minutes, checking that the chicken is cooked through and the vegetables are tender, then drain.
- 4 Blend† in a food processor or with a hand blender to the desired consistency.
- 5 Spoon out 1 portion of puree and add 10ml *Infatrini Peptisorb* and stir well to combine.
- 6 If the mixture is too thick, add a further 10ml of *Infatrini Peptisorb* and stir again.

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** Store the remaining puree in the fridge (for up to 24 hours), or freeze. After warming up the puree, add *Infatrini Peptisorb* at the point of serving.

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Per Portion

60 Calories

5.2g Protein

Baby's First Sunday Roast

Ingredients*

- 85g Turkey Breast – Diced
- 1 Small Potato – Peeled and Diced
- ½ Carrot – Peeled and Diced
- ½ Parsnip – Peeled and Diced
- 3 tbsp Frozen Peas
- 100ml Freshly Boiled Water
- 1 Baby Stock Cube
- 80ml *Infatrini Peptisorb*

Makes 4 Portions**

Method

- 1 Mix the baby stock cube with 100ml of freshly boiled water and stir.
- 2 Add the turkey, potato, carrot, parsnip, peas and stock to a saucepan and cover.
- 3 Bring to the boil, then turn down the heat and simmer for 15-20 minutes, checking that the turkey is cooked through and all the vegetables are tender.
- 4 Drain, keeping the cooking liquid to one side.
- 5 Blend¹ in a food processor or with a hand blender to the desired consistency, adding 20-30ml of the cooking liquid while blending.
- 6 Spoon out 1 portion of puree, add 20ml *Infatrini Peptisorb* and stir well to combine.
- 7 If the mixture is too thick, add a further 10ml of *Infatrini Peptisorb* and stir again.

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Variations

- For older babies try adding a teaspoon of cranberry sauce before blending.
- Try sweet potato in place of potato, or swede instead of carrot.
- Substitute broccoli for peas, or even brussel sprouts!

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*** Store the remaining puree in the fridge (for up to 24 hours), or freeze. After warming up the puree, add Infatrini Peptisorb at the point of serving.*

† Please be aware that blending hot foods can be dangerous. Always check the manufacturer's instructions to ensure that your blender is suitable for processing hot foods and follow their instructions for safe blending.

Per Portion

68 Calories

7.3g Protein

Fish Pie

Suitable from 10+ months

Ingredients*

For the mashed potato topping:

- 100g Potato – Peeled and Cubed
- 5g Margarine
- 30ml *Infatrini Peptisorb*
- 20g Frozen Peas

For the fish and sauce:

- ¼ Small Cod Fillet (Frozen or Fresh), Approx. 25g
- ¼ Salmon Fillet (Frozen or Fresh), Approx. 30g
- ½ Medium Carrot – Grated
- 20ml Water
- White Sauce (Recipe on Page 16)

Makes 2 Portions**

Method

- 1 Preheat the oven to 180°C.
- 2 Add the potatoes to a pan of water, bring to the boil and cook for 20 minutes (or until soft enough for mashing).
- 3 While the potatoes are cooking check the cod and salmon fillets carefully to ensure there are no small bones.
- 4 Place the grated carrot, water, cod and salmon fillets in an oven safe dish and cover before placing in the preheated oven to cook for 12 minutes. Check the fish after this time. If not completely cooked add to the oven for a further 3-5 minutes.
- 5 Add the frozen peas to the pan of potatoes approximately 4 minutes before they are ready.
- 6 Drain the potatoes and peas from the pot and mash with margarine, and *Infatrini Peptisorb* (for a completely smooth potato mix you can use a blender† or electric whisk). Once you have reached your desired consistency cover the mash to keep warm for use later.



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- 7 Make the white sauce (as per the recipe on page 17). Once complete set aside.
- 8 Drain off half of the cooking liquid and flake the fish with a fork, the carrot will mix in as you do so. Stir the white sauce into the fish and carrot mixture.
- 9 Spoon the fish mixture into 2 ramekins (or bowls), then top with the mashed potato and pea mixture from earlier and serve.

Top Tip

If you are stuck for time why not try cooking the fish in the microwave. Place the grated carrot, water, cod and salmon fillets in a microwavable dish, cover and microwave on full power for 4 minutes. After the 4 minutes in the microwave check the fish is cooked throughout. If not completely cooked, recover and microwave for a further 1-2 minutes.

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*** Extra portions of this recipe can be stored in the fridge for up to 24 hours. Please note this recipe cannot be frozen.*

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per Portion

211 Calories

8.3g Protein

White Sauce

Suitable from 6 months

Ingredients*

- 10g Margarine
- 10g Plain Flour
- 100ml *Infatrini Peptisorb*



Makes 2 Portions**

Method

- 1 Melt the margarine in a small saucepan.
- 2 Stir in the flour and beat with a wooden spoon for 1-2 minutes until a smooth paste is formed (known as a roux).
- 3 Add 20ml of *Infatrini Peptisorb* at a time, stirring well to incorporate fully before adding the next 20ml.
- 4 Once all 100ml has been added gently simmer until the sauce thickens and coats the back of the spoon. Add more *Infatrini Peptisorb* if a thinner sauce is required.

This versatile sauce can be added to many foods. For younger babies it can be stirred into purees and for older babies can be added to pasta and vegetables, used in lasagne or in our fish pie recipe (see page 15).

Warning Heating *Infatrini Peptisorb* may reduce the vitamin and mineral content of this product. If you have any concerns please contact your healthcare professional.

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** Extra portion can be stored in the fridge for up to 24 hours. Please note this recipe cannot be frozen.

Per Portion

105 Calories

1.8g Protein

Coconut & Mango Rice Pudding

Suitable from around 8 months

Ingredients*

- 30g Flaked Pudding Rice
- 200ml Tinned Coconut Milk
- 10g Desiccated Coconut
- ¼ tsp Vanilla Extract**
- 100ml *Infatrini Peptisorb*
- ½ Ripe Mango, Approx. 100g

Makes 2 Portions***

Method

- 1 Stir together the flaked pudding rice, coconut milk, desiccated coconut and vanilla extract in a heavy bottomed saucepan and bring to the boil.
- 2 Turn down the heat, cover and simmer gently for 8-10 minutes, stirring regularly.
- 3 As the rice pudding is cooking, peel and dice the mango and blend to a smooth puree using a food processor, hand blender or sieve.
- 4 Once the rice pudding is ready transfer half to a serving bowl and allow to cool to your baby's preferred temperature.
- 5 Add 50ml *Infatrini Peptisorb* and stir well.
- 6 Top with half the mango puree before serving.

Top Tip This recipe is designed for babies who can manage soft lumps. If your baby prefers a smoother consistency the rice pudding can be blended with a food processor or hand blender and extra *Infatrini Peptisorb* added to thin mixture if required.

* Allergens may be present, please check individual product labels. If concerned about allergens please contact your healthcare professional.

**Vanilla extract does contain alcohol, however this is removed by cooking so is safe. It should never be used raw as the alcohol remains. A tiny amount of vanilla bean paste can be used as an alternative. This does not contain alcohol.

*** Extra portions can be stored in the fridge for up to 24 hours. Add the *Infatrini Peptisorb* at the point of serving.



per Portion

252 Calories

3.2g Protein

Fruit Smoothie Jelly

Suitable from stage 2 of weaning (approx. 7 months+)

Ingredients*

- ½ Pack Strawberry Jelly
- 20ml Boiling Water
- 150ml Strawberry and Banana Fruit Smoothie
- 100ml *Infatrini Peptisorb*



Makes 3 Portions**

Method

- 1 Separate the jelly cubes and add to a measuring jug.
- 2 Add the boiling water and stir until the jelly cubes dissolve (you may want to heat this mixture in the microwave after stirring to ensure the jelly has completely dissolved).
- 3 Add the fruit smoothie and *Infatrini Peptisorb*, ensuring the final volume is 285ml (or ½ pint), and stir to combine.
- 4 Pour into individual moulds or serving bowls and place in the fridge for 1-2 hours.
- 5 Once set the jelly is ready to serve!

Top Tip

Experiment by changing the flavour of the jelly and the type of fruit smoothie. You can make your own smoothie by blending a small amount of your chosen fruits with water or unsweetened fruit juice.

* Allergens may be present, please check individual product labels. If concerned about allergens please contact your healthcare professional.

** Extra portions of this recipe can be stored in the fridge for up to 24 hours. Please note this recipe cannot be frozen.

Per Portion

126 Calories

2.3g Protein

Pear & Plum Crumble

Ingredients*

- 1 Ripe Pear – Peeled, Cored and Diced
- 1 Plum – Peeled, Stoned and Diced
- ¼ tsp Vanilla Extract**
- 1-2 tbsp Water
- 1 Heaped tbsp Porridge Oats
- 40ml *Infatrini Peptisorb*

Makes 1 Portion

Method

- 1 Make Overnight Oats using the recipe on page 7.
- 2 Add the pear, plum and vanilla to a small saucepan and add the water.
- 3 Cover and simmer on a low heat for 4-5 minutes, until the fruit is soft and tender.
- 4 Drain the cooked pear and plum and blend† using a food processor or hand blender.
- 5 Mix half of the pear and plum puree with the prepared oats, stir well and serve.
- 6 The extra fruit puree can be kept in the fridge for up to 48 hours.



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Per Portion

135 Calories

3.1g Protein

NUTRICIA
Infatrini
Peptisorb



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