



EleCare®

Weaning with EleCare®

Helping you face life's adventures

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IMPORTANT NOTICE: Breastfeeding is best for infants and is recommended for as long as possible during infancy. EleCare is an infant formula for special medical purposes and should only be used under the recommendation or guidance of a healthcare professional.

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About this cookbook

This cookbook is written for parents and carers of babies who have cow's milk allergy (CMA) and/or multiple food allergies, and have been prescribed EleCare by their healthcare professional.

The first year of life is an important milestone for rapid growth and development for every baby, and nutrition plays a pivotal role in this.

Having an allergy to specific food(s) shouldn't interfere with your baby getting the nutrition they need, so we have written this book to help you with weaning.

Included are tips on starting cow's milk-free weaning, with recipes and advice to help your baby establish a diverse and lifelong nutritious and healthy balanced diet.

We hope this book helps you both enjoy this wonderful time by making weaning a positive and stress-free experience for you and your baby!



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Cow's milk allergy

What is CMA?

Cow's milk allergy or 'CMA' (sometimes referred to as cow's milk protein allergy or 'CMPA') is an allergic reaction to one or more of the proteins in cow's milk. It is one of the most common food allergies in young children, affecting up to 7% of babies.¹

What are the signs and symptoms?

The symptoms of CMA result from the body's immune system mistakenly reacting to harmless proteins in cow's milk, which leads to an immune system response. This response results in the common digestive, respiratory and skin reactions associated with CMA.²

Symptoms after ingesting cow's milk can be immediate (within a few minutes to an hour), delayed (within 2-72 hours) or both.^{2,3}

Most allergic reactions are mild, but in very severe cases, a reaction called anaphylaxis or anaphylactic shock can occur (symptoms may include breathing difficulties, increased heart rate and losing consciousness). This is a medical emergency and needs urgent treatment (call 999 for an ambulance immediately).^{5,6}

For more information on CMA, please refer to our parent information booklet.

Symptoms include:⁴



Vomiting,
diarrhoea
blood in stools



Swelling of the
lips, tongue,
eyes, face



Flushed face



Wheezing
or difficulty
breathing



Hives
(red and
itchy bumps)



Did you know?

Most children with CMA outgrow the condition by the age of 3-5 years,⁷ some a lot sooner.

EleCare

What is EleCare?

EleCare is an amino acid-based 'hypoallergenic' formula, which means that EleCare will not cause an allergic reaction in most babies with CMA or other food allergies. This is because EleCare is made from the tiny individual building blocks of protein (amino acids), which are not recognised by the baby's immune system.^{8,9}

EleCare is also nutritionally complete, which means that it will provide your baby with the nutrients needed from birth, all the way through to introducing solid foods, and in some babies beyond their first birthday.⁹



Why has my baby been prescribed EleCare?

EleCare is prescribed for babies with severe CMA and/or multiple food allergies, and other conditions where an amino acid-based formula is indicated.⁹

What are the key benefits of EleCare?

- Shown to improve symptoms of cow's milk allergy and gastrointestinal disorders like malabsorption and short bowel syndrome^{10,11}
- Nutritionally complete to meet the daily needs of babies from birth onwards⁹
- Contains biosynthesised **2'-FL**,* a special carbohydrate that is naturally found in most mothers' breast milk and supports the developing immune system¹²
- Can be prepared quickly and safely by mixing in >70°C water (according to NHS and WHO recommendations)^{†13,14}
- Suitable for Halal and Kosher diets
- Is recommended by parents and healthcare professionals^{11,15}

How do I give my baby EleCare?

Your healthcare professional will give you an idea of how much to feed your baby when you first start using EleCare. If you have any questions or concerns about EleCare, talk to your healthcare professional.

*The 2'-FL (2'-fucosyllactose) used in this formula is biosynthesised and structurally identical to the human milk oligosaccharide (HMO) 2'-FL, found in most mothers' breast milk.¹²

†Refer to the preparation guide on the EleCare tin for detailed instructions on how to safely prepare EleCare.

A guide to weaning

Weaning is also known as complementary feeding. This is when your baby starts taking foods in addition to their usual milk feeds.

As weaning is established and your baby starts eating regular meals, milk intake will naturally reduce.

Sometimes parents can be anxious about weaning and delay giving foods because they fear their baby will react badly; delaying giving foods and not establishing regular meals and snacks is more likely to cause future problems.

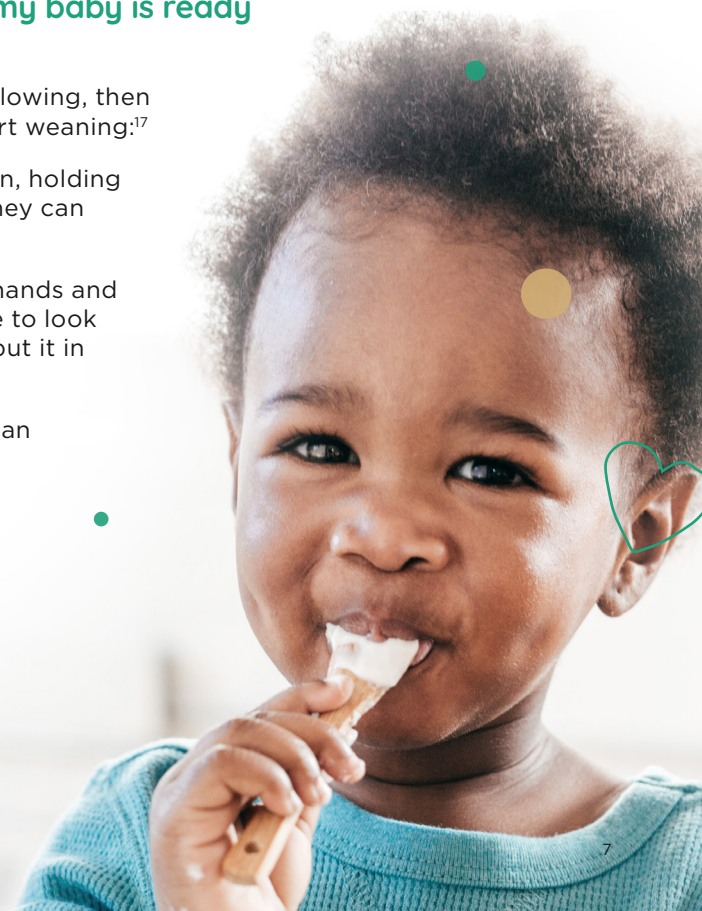
At what age should I wean my baby?

Weaning should start around 4 to 6 months of age or when your baby is showing the signs of being ready (but never before 17 weeks).¹⁶

How do I know when my baby is ready to start weaning?

If your baby can do the following, then they could be ready to start weaning:¹⁷

- Sit in an upright position, holding their head steady (so they can swallow properly)
- Coordinate their eyes, hands and mouth (so they are able to look at food, pick it up and put it in their mouth)
- Swallow food (rather than spit it back out)



General tips for successful weaning

- ALWAYS sit your baby in an upright position in a high chair with a securely fitted safety harness when eating meals and snacks
- NEVER force feed
- Establish a mealtime routine (i.e. 3 meals and healthy snacks in between)
- Reduce formula-feeds as food intake increases
- Think ahead and plan meals and snacks
- Cook in bulk and freeze (maximum of 3 months)
- Use ripe fruits (under-ripe ones can be acidic)
- Check all ingredient labels every time. Manufacturers sometimes change ingredients without notice
- Remove the baby's portion from family foods before adding salt, seasoning or sugar. Also beware of 'hidden' salt in stock cubes or gravy granules and sugar in fruit juice, etc
- If your baby is refusing to drink formula, the daily amount can easily be 'hidden' in foods (see recipes)

Should I still give my baby breast milk or first infant formula when weaning?

Breast milk, infant formula or both, should be your baby's main drink during the first year, but some mothers continue to breastfeed for much longer.¹⁸

As food intake increases, breastfeeding or infant formula feeding naturally reduces. It is important to feed your baby three meals a day and avoid giving more than 500 ml of formula in 24 hours once weaning has been established. If your baby is hungry during the day then choose foods and snacks, rather than keep offering milk, as larger amounts of milk feeds can lead to an unbalanced nutritional intake.

Anxiety

Some parents keep their baby on formula and are reluctant to introduce foods because they are worried their baby may be allergic to the food. Remember, it is important to wean your baby onto a diverse diet from a young age.

Drinks

Only give your baby breast milk/formula and water; there is no need to give any baby juices, and avoid giving tea or coffee. Offer water in a cup with meals and snacks.

! SAFETY FIRST when weaning

- Never leave a baby alone when feeding to ensure they are swallowing safely
- Your baby's meals should be heated until 'piping hot' (between 75°C and boiling), and then cooled. Check that the food is hot all the way through by stirring. Avoid giving foods that are too hot (they should be just warm)
- Check ingredients of foods everytime to prevent accidentally giving milk or milk derivatives. Manufacturers sometimes change their ingredients without warning
- Ensure foods are fresh, in date and fully cooked to prevent food poisoning
- Discard uneaten foods
- Avoid giving your baby honey, as it may contain a bacteria that can make them ill
- Unsweetened calcium-fortified milk alternatives, such as soya, coconut, almond and oat drinks, should not be given to babies as a main milk drink until the age of 1
- Avoid giving rice "milk", unless you have been prescribed a rice-based infant formula, until your child is 5 years old because of the potential of high arsenic levels
- If giving hens' eggs that are lightly cooked (e.g. soft boiled) ensure they are lion marked, this signifies the eggs have been produced to the highest food safety standard and the hens have been vaccinated against Salmonella
- Never put foods into a bottle feeder or cup
- Avoid giving foods that are a choking hazard (e.g. whole grapes, hard foods such as raw carrots, raw jelly cubes, nuts)
- Avoid foods high in mercury (e.g. shark, swordfish or marlin)
- Only give shellfish that has been thoroughly cooked
- Wash hands and surfaces before preparing foods, and avoid cross-contamination between raw and ready-to-eat foods

Enjoy it! Keep weaning simple and make mealtimes a positive experience

For more information on safe weaning visit:

www.nhs.uk/start4life/weaning/safe-weaning/

Top
Tips

Introducing solid food to babies with CMA

Introducing new food to a baby may make any parent feel understandably cautious, however, weaning a baby with CMA should be the same as weaning a baby without CMA, apart from avoiding all traces of cow's milk.



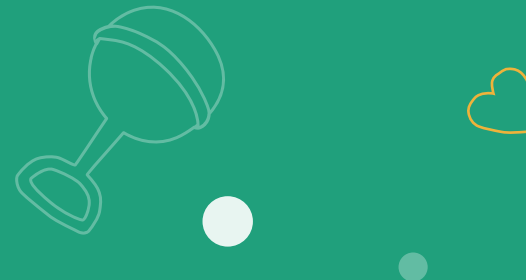
Tips for safe cow's milk-free weaning

1. The baby needs to be sitting safely in an upright position (so they can swallow properly).
2. Suitable foods should be available—if using manufactured food or pre-prepared foods please check the labels carefully. If the product contains milk or a milk derivative it will be clearly labelled (allergens are listed in bold in the ingredients section). Be particularly careful not to give 'lactose-free' dairy as this still contains whole cow's milk protein—this is often sold right next to dairy-free alternatives and is easily mixed up
3. Avoid foods with precautionary allergy labelling (e.g. 'may contain milk' or 'made on a line handling milk' etc.).
4. If anyone else is looking after your baby, you could think about preparing your baby's foods in advance, and ensure they have a good understanding of your baby's needs and how to provide suitable foods.

Is it normal for my baby to refuse cow's milk-free food?

Like any new food, it may take 10 tries or more for your baby to get used to new flavours and textures. There will be days when your baby eats more, some when they eat less, and days when they reject everything. Don't worry—this is perfectly normal!

Just remember the 3Ps—positivity, patience, and persistence. Keep offering a variety of foods, even the ones your baby doesn't seem to like, and let them get used to it in their own time.



Top Tips

The British Society for Allergy & Clinical Immunology (BSACI) have developed an excellent summary for parents on weaning babies with allergies:

www.bsaci.org/wp-content/uploads/2020/02/pdf_Infant-feeding-and-allergy-prevention-PARENT-SUMMARY-FINAL.pdf

Shopping for cow's milk-free alternatives

Doing your shopping in a large supermarket (in store or online) will give you an increased selection of dairy-free alternatives.

But be cautious when using foods from the 'free-from' section—it is easy to believe they are 'free from' all allergenic ingredients. This is not the case, so please ensure you double-check the ingredients of all the foods you buy and check the free-from labelling carefully:

- Dairy-free products are always lactose-free, however, **lactose-free cow's milk/dairy products** contain whole cow's milk protein, so are **unsuitable for your baby**. These products are often kept on shelves together, so it is easy to make a mistake, especially if you are tired or distracted
- **Do not use** lactose-free goat, sheep or other animal's milk/dairy, as the proteins are very similar to cow's milk proteins, and are unlikely to be tolerated by your baby

Include dairy-free products in your baby's diet such as dairy-free cheeses, dairy-free yoghurts, dairy-free spreads and dairy-free creams. These will add nutrition and taste.

Be aware that not all dairy-free products are equal in taste, texture, nutrition or ingredients.

Even the less nutritious dairy-free products have a place in your baby's diet because they allow your baby to get used to the taste and texture. Then when they outgrow their CMA, they are likely to find dairy foods more acceptable and palatable, and these are then likely to be part of their long-term diet as they grow up and into adulthood.

Did you know?

Other nutritional supplements are not required if your baby is eating a nutritious diet and taking 500 ml of infant formula (in cooking/as a drink daily)

Vitamin intake for babies on a cow's milk-free diet

As your baby is weaned, the aim is that all micronutrients, including vitamins and minerals, should be met by a nutritious balanced diet. If your baby has a poor appetite, is a selective eater or has multiple dietary exclusions, this can be more difficult to achieve.

- Babies from birth to 1 year of age who are being breastfed (or with formula top-ups less than 500 ml) **should be given a daily supplement with vitamin D** (containing up to 10 µg or 400 I.U.). This is recommended in addition to the mother taking a breastfeeding supplement¹⁹
- Babies fed **more than 500 ml** of infant formula daily **do not need** any vitamin supplements, as infant formulas are often fortified with vitamin D and other nutrients



Calcium intake for babies on a cow's milk-free diet

Calcium is an essential nutrient. One of its primary functions is to help build strong bones and teeth, which is especially important in a growing baby. Calcium requirements for babies depend on the age—those aged 0–12 months should receive 525 mg daily, while babies from 12 months to 3 years require slightly lower amounts (350 mg daily).²⁰

It is easy for your baby to obtain enough calcium while on a dairy-free diet, whether through breastfeeding or formula-feeding, or by the addition of calcium enriched dairy-free alternatives and consumption of foods naturally high in calcium:

- EleCare provides 78 mg calcium per 100 ml/3.4 fl oz
- Dairy-free milk provides between 120 mg–190 mg of calcium per 100 ml. Organic dairy-free alternatives rarely contain any calcium so choose wisely (do not choose rice milk for a child under 5 years of age)
- Other dairy-free products are often fortified with calcium (check the labels) including coconut yoghurts, oat yoghurts, and dairy-free cheeses (choose ones that are fortified with calcium)
- Soya-based dairy-free alternatives can be given to your baby from 6 months if tolerated
- Foods rich in calcium include fortified cereals, bread, green vegetables, dried fruits and nut butters



Wheat-free/gluten-free alternatives

If your baby does not tolerate wheat or gluten this is easily avoided, use wheat-free or gluten-free products instead.

Common gluten-containing grains include wheat, rye, barley, kamut and spelt. Oats are also often contaminated with gluten (unless they are specifically gluten-free oats).

Available products include:

- Gluten-free couscous made from millet, quinoa, buckwheat or amaranth
- Gluten-free flours (please note when baking: extra water/fluid may be required)
- Pasta made from lentils, maize/corn, rice, buckwheat, beans
- Gluten-free grains (e.g. buckwheat, lentils, rice, maize/corn, quinoa, millet, amaranth)
- Wheat-free/gluten-free sauces (tip: use cornflour to thicken)

For more information on gluten-free diets please refer to the Coeliac UK website.

Soya-free alternatives

If your baby has been diagnosed with a soya allergy or been advised to avoid soya, they will need to follow a soya-free diet too (consult your healthcare professional before cutting soya out of your baby's diet).

- Always check the label—please be aware that 'edamame' is another name for soya beans and should be avoided if your baby cannot tolerate soya
- Unrefined soya oil may contain small amounts of soya protein and is more likely to cause reactions so should always be avoided
- Soya is sometimes tolerated as refined soya oil or soya lecithin but follow advice about this from your healthcare professional

All the recipes in this book are coded with calcium content per recipe and can be adapted to be gluten free

Did you know?

Recipes

Tailored for your baby's age

This book contains a number of delicious recipes that have been developed by a professional Chef and a Specialist Allergy Dietitian, which are tailored to the age of your baby (divided into Stages 1 to 3).

- **Stage 1** is for babies aged 4–6 months, or when your baby is first ready for soft foods. These first foods should be puréed, mashed, or given whole as very soft finger foods if doing baby-led weaning
- **Stage 2** is for babies aged 7–9 months, which includes mashed foods with soft lumps and soft finger foods
- **Stage 3** is for babies from 10 months and older, which includes minced or chopped family foods and harder finger foods

Feed at a pace to suit your baby. All babies are different—the quantity and frequency that food is given should be tailored to your baby and not compared to others.

The recipes in this book were chosen for you because they are:

- ✓ **Nutritious**
- ✓ **Easily adapted to be halal or kosher**
- ✓ **Delicious ways to incorporate EleCare into solid food**
- ✓ **Easily adapted to be gluten-free**
- ✓ **Suitable for the rest of the family without EleCare**
- ✓ **Free of added salt and sugar**
- ✓ **Easy and quick to make (ingredients are also easy to buy and find)**
- ✓ **Most are conveniently suitable for home freezing. Don't forget to label and date all frozen foods, and to ensure that they are all used within the recommended storage time**
- ✓ **Suitable for multiple exclusion diets (all recipes are dairy-free, soya-free, tree nut-free, peanut-free, and sesame-free)**
- ✓ **Do not use after the recommended freezer storage times indicated in this book**
- ✓ **Easily adapted to be vegetarian**

Vegetarian recipes

All the recipes in this book can be easily adapted to make them vegetarian by replacing meat with beans or pulses. If nuts are tolerated, then you can use ground nuts, nut flours or nut butters (never give whole nuts to a baby) in recipes to add nutrition.

If your child has other known food allergies, check with your healthcare professional that it is safe to eat all the ingredients recommended in these recipes if you're concerned your child might not tolerate any of them

ATTENTION!

Veg purée: broccoli and potato

This nutrient-packed purée is great for little tummies to digest. This colourful and tasty vegetable dish is a great first food for your baby.



Prep time
5 minutes
Cooking time
15 minutes



Storage
Suitable for
home freezing



Serves
Baby: 8 x 45 g portions
Toddler: 4 x 90 g portions



Allergy information
Free from milk, soya,
egg, wheat, sesame,
nuts & peanuts

Ingredients

- 100 g broccoli heads (prepared weight)
- 200 g potato (prepared weight)
- 40 g dairy-free spread
- 8 scoops of powdered EleCare formula*

*Only use the scoop provided in the EleCare tin

Method

1. Remove the stalks from the broccoli and wash and chop into small pieces. Peel and dice the potatoes into 1 cm chunks.
2. Rinse the potatoes and cover in unsalted water. Bring to the boil and simmer gently for 10 minutes.
3. Add the broccoli to the potato pan then simmer for a further 5 minutes or until everything is soft and tender.
4. Remove from the heat and drain.
5. Add the dairy-free spread and EleCare. Blend to a smooth purée and serve.



Great source of **iron**

Variations

- 1 It's important to introduce savoury flavours to your infants
- 2 Be creative, why not try swapping broccoli with peas, spinach, courgettes or leek, or even try a sweet potato and carrot purée instead
- 3 Mash rather than purée to give your toddler a more textured dish

Freezing instructions

Once cooled, freeze in portions immediately. Cover tightly to exclude all air when freezing. This meal can be stored in the freezer for up to one month. Defrost in the fridge and when reheating ensure that the food is piping hot throughout, stirring well to ensure even heat distribution. Cool to body temperature before serving to your baby.

Top
Tips

Fruit purée: apple & pear purée

With its natural sweetness and smooth texture, apple and pear purée is an ideal first food for your weaning baby.



Prep time
5 minutes
Cooking time
30 minutes



Storage
Suitable for home freezing



Serves
Baby: 6 x 50 g portions
Toddler: 3 x 100 g portions



Allergy information
Free from milk, soya, egg, wheat, sesame, nuts & peanuts

Ingredients

- 200 g eating apples (prepared weight), peeled and cored
- 140 g ripe pears (prepared weight), peeled and cored
- 1 tbsp water
- 1 tsp lemon juice, strained
- Pinch ground cloves (optional)
- 6 scoops of powdered EleCare formula*

*Only use the scoop provided in the EleCare tin

Method

1. Peel and core the fruits. Chop the pears into small chunks and thinly slice the apples.
2. Place the prepared apples, pears, water, lemon juice and cloves in a pan.
3. Bring to the boil, then turn down the heat and simmer gently for 25–30 minutes, stirring occasionally.
4. Remove from the heat when the fruit is soft. Cool for 5 minutes, remove the cloves, then blend the fruits to a purée.
5. Stir in EleCare formula and mix well.



Source of **vitamin A** and **vitamin C**

Top Tips

Recommendations

- Dessert apples take longer to soften during cooking than cooking apples, however, dessert apples have a natural sweetness that your baby will love
- Cooking apples pulp easily, but may be too tart for your baby

Freezing instructions

Once cooled, freeze in portions immediately. Cover tightly to exclude all air when freezing. Fruit purée can be stored in a freezer for up to one month. Defrost in the fridge and if reheating ensure that the food is piping hot throughout, stirring well to ensure even heat distribution. Cool to body temperature before serving to your baby.

Fruit purée: banana & avocado

This nutrient packed purée is a sweet and creamy meal for your baby to enjoy. This quick and easy no-cook recipe makes for a surprisingly tasty combination.



Prep time

5 minutes

Cooking time

No cook recipe



Storage

Suitable for home freezing



Serves

Baby: 4 x 30 g portions
Toddler: 2 x 60 g portions



Allergy information

Free from milk, soya, egg, wheat, sesame, nuts & peanuts

Ingredients

- ½ small ripe avocado (60 g, prepared weight)
- ½ small ripe banana (40 g, prepared weight)
- 2 tsp lemon juice (strained and without pips)
- 3 scoops of powdered EleCare formula*
- 1 tsp water (optional)

*Only use the scoop provided in the EleCare tin

Method

1. Prepare the avocado by cutting it in half, removing the stone and scooping out the centre. Place the avocado pieces into a bowl.
2. Peel and slice the banana into small pieces. Add the sliced banana and lemon juice to the avocado, and mash or blend everything together.
3. Stir in powdered EleCare and mix well.
4. Add the water at the end if needed to achieve the desired consistency.



Source of **healthy fat and vitamins**

Top
Tips

Variations

1

This recipe can be blended to a purée or simply mashed for more texture

Refrigeration instructions

Avocado and banana both oxidise and go brown very quickly. Keep your extra portions looking fresh with this simple trick: place them in a small dish. Gently pour a little cold water down the side of the dish until the mixture is completely covered. Store in the fridge for up to 24 hours. Carefully pour off all the water before serving, stir and serve! You can also use avocado oil or other vegetable oil in place of the water.

Freezing instructions

Freeze in portions. Place in a container and carefully pour water down the side of the container on top of the purée to a depth of ½ cm. Cover tightly and store in the freezer for a maximum of 14 days. Defrost in the fridge. Carefully discard the defrosted water. There may be slight discolouration to the top layer of purée which can be discarded. Stir before serving.

Oaty porridge

Making baby porridge is quick and easy. Oats release long-lasting energy, making this a great breakfast option for your baby.



Prep time
5 minutes
Cooking time
1 minute



Storage
NOT suitable for
home freezing



Serves
3 x 45 g servings



Allergy information
Free from milk, soya,
egg, sesame,
nuts & peanuts

Ingredients

- 20 g instant porridge oats (otherwise known as 'quick oats'. Use plain oats, without added sugar or other ingredients)
- 90 ml cold water
- Pinch of cinnamon powder
- 3 scoops of powdered EleCare formula* made up in 30 ml water

*Only use the scoop provided in the EleCare tin

Method

1. Put the instant porridge oats, cinnamon and water into a saucepan. Bring to boil and simmer for 30 seconds, stirring constantly. Remove from the heat and set aside to cool.
2. Make up the EleCare formula. Stir into the cooled porridge.



Great source of **slow release energy and soluble fibre**

Top
Tips

Recommendation

- Do not be tempted to cook all the ingredients together in the pan as the porridge will discolour to an unappetising grey. The EleCare powder must be added to the cooled porridge just before serving

Variations

- 1 Try delicious ripe, mashed, soft fruits as a topping (e.g. mashed mango or peach) or tinned fruits in natural juice (not in syrup—this contains added sugar)
- 2 When your child is happy with finger foods, serve with fingers of banana
- 3 If your child is gluten or wheat intolerant, use gluten free oats* or replace the porridge oats with buckwheat (which is wheat free, despite its name!), quinoa flakes, amaranth flakes or millet flakes. Adjust the cooking time to ensure that your substitute is completely cooked

*Although oats are naturally gluten free, processing techniques may mean some sources of oats are contaminated so choose gluten-free oats if avoiding gluten

Stage 2 recipes – Exploring textures (7–9 months)

Stage 3 recipes – Family foods (10+ months)

Fluffy breakfast mini pancakes

These delicious little pancakes are perfect for baby-led weaning as they are fun, easy to eat and packed with goodness!



Prep time
5–10 minutes
Cooking time
10 minutes



Storage
Suitable for
home freezing



Serves
30 x 10 g mini pancakes
(suitable for 10–12 months)



Allergy information
Free from milk, soya,
egg, sesame,
nuts & peanuts

Ingredients

- 100 g self-raising flour
- 1 tsp bicarbonate of soda
- 100 g very ripe banana (prepared weight)
- 210 ml water
- 7 scoops of powdered EleCare formula*
- 10 g dairy-free margarine (for greasing the pan)

*Only use the scoop provided in the EleCare tin

Method

1. Peel, cut and mash the ripe bananas. Combine all the ingredients except the margarine together in a bowl to make a smooth batter.
2. Take a heavy-based non-stick frying pan and rub with half a teaspoon (2.5 g) dairy-free margarine.
3. Place on a medium heat.
4. Once the pan is hot use a dessert spoon to drop small circles of batter into the pan.
5. Turn over halfway through cooking so that each side is gently browned then take off the heat into a separate dish ready for serving.
6. Repeat steps 2–4 until all the batter is used up, adding dairy-free margarine onto the pan between each batch.



Variations

1. Serve with fruit purée or faux-mage frais (see recipe on p. 52)

Freezing instructions

To freeze, place pancakes separately on baking parchment on a flat tray and seal. Once frozen remove from the tray and place the pancakes in a freezer bag. Freezing like this means that you only need to defrost the number of pancakes required. Defrost in the fridge. Can be reheated using a microwave or oven.

Top
Tips

Stage 2 recipes – Exploring textures (7–9 months)

Stage 3 recipes – Family foods (10+ months)

Basic white sauce

White sauce is found as the basis for many delicious recipes. Some recipes in this book require the basic white sauce (e.g. cod in parsley sauce), whereas other recipes require a white sauce with a thinner consistency (e.g. lasagne). Please check the instructions to confirm which sauce is required.



Prep time
5 minutes

Cooking time
5 minutes



Storage
Suitable for
home freezing



Serves
Makes 250 ml
(suitable from 6 months)



Allergy information
Free from milk, soya,
egg, sesame,
nuts & peanuts

Ingredients

Basic white sauce (250 ml)

- 210 ml cold water
- 7 scoops of powdered EleCare formula*
- 25 g dairy-free margarine or spread
- 25 g plain wheat flour (or 15 g cornflour for a gluten-free recipe)
- Pinch nutmeg (optional)
- Pinch ground black pepper (optional)

Thinner white sauce (300 ml)

- 300 ml cold water
- 10 scoops of powdered EleCare formula*
- 25 g dairy-free margarine or spread
- 25 g plain wheat flour (or 15 g cornflour for a gluten-free recipe)

*Only use the scoop provided in the EleCare tin

Method

1. Place all the ingredients in a saucepan and mix together before heating, using a whisk to combine (avoid using a wooden spoon).
2. Continually whisk until smooth on a low/medium heat until the sauce thickens and bubbles gently.†
3. Continue to whisk for a further 30 seconds then remove the pan from the heat.

†If the sauce turns a caramel to brown colour, it has been overcooked, please discard and start again



Good source of **calcium**

Recommendation

- Don't forget that white sauces thicken as they cool. These recipes have been designed so that the sauce runs easily off the spoon at boiling point, but will thicken to the perfect viscosity at serving temperature

Variations

1. If avoiding gluten and/or wheat, use cornflour or a gluten-free flour mix to thicken (you may need to add more water to get the right consistency)
2. Turn over to p. 30 & 31 for some great adaptations of this versatile white sauce
3. To make tomato sauce add 1 tsp of tomato purée and a pinch of dried mixed herbs

Freezing instructions

Freeze in portions and cover tightly. White sauce can be stored in a freezer for up to one month. Defrost in fridge. When reheating, make sure you return the product to a gentle boil, whisking constantly. Note, once defrosted the white sauce may appear to have a curdled texture, this will disappear on reheating and the sauce will return to a smooth, creamy texture. Stir constantly whilst reheating.

Sauces you can make from basic white sauce

White sauce is versatile and is the perfect complement to many dishes. Depending on what you're making, parsley or cheese sauce provides a rich and creamy flavour to your meals for your baby and family to enjoy.


Parsley sauce

Ingredients

- Basic white sauce (250 ml, p. 28)
- 8-10 g parsley, finely chopped

Method

1. Finely chop the parsley.
2. Add chopped parsley to the hot basic white sauce (250 ml) just before serving.

 For **allergy information** please refer to basic white sauce recipe (p. 28)

Variations

1

A strong-flavoured dairy-free cheese will give you the perfect cheese sauce for your baby to enjoy. If you opt for a milder-flavoured dairy-free cheese, you will need a larger quantity, which will effect the texture of the sauce. Remember that dairy-free cheese does not behave in the same way as cheese made from dairy

Freezing instructions

Freeze in portions and cover tightly. These sauces can be stored in a freezer for up to one month. Defrost in fridge. When reheating, make sure you return the sauce to a gentle boil, whisking constantly. Note, once defrosted these sauces may appear to have a curdled texture, this will disappear when reheating provided the sauce is whisked thoroughly.

Top
Tips

Cheese sauce

Ingredients

- Basic white sauce (250 ml, p. 28)
- 50 g of dairy-free/soya-free grated cheese

Method

1. Make up the basic white sauce (250 ml) then add the grated cheese to the hot sauce.
2. Whisk well, and serve.

Cod in parsley sauce

A simple recipe that's full of flavour and texture, this meal can support your baby's developing palate.

Ingredients

- Cod (or white fish/salmon)
- 250 ml parsley sauce (p. 30)



Allergy information
Free from milk, soya, egg, sesame, nuts & peanuts

Method

1. Make up EleCare formula in cold water (7 scoops in 210 ml water).
2. Poach the fish gently in made-up EleCare until the fish starts to flake and is cooked through (check to make sure there are no tiny bones).*
3. Remove the fish, cover and keep warm while you make up the parsley sauce.
4. Prepare the basic white sauce (p. 28). Use the EleCare poaching liquid from the fish and add the dairy-free
5. When the sauce reaches boiling and has thickened, remove from the heat and stir in the parsley.
6. Transfer the fish to baby's plate, spoon over the parsley sauce and serve with delicious, iron-rich green vegetables (e.g. broccoli, spinach or petits pois).

*If the made-up EleCare for poaching the fish or the sauce turns a caramel to brown colour then it has been overcooked—please discard and start again



Butternut squash mac 'n' cheese

The creamy flavour and natural sweetness of the butternut squash provides a delicious vegetarian option for your baby to enjoy.



Prep time
10 minutes
Cooking time
20 minutes



Storage
Suitable for
home freezing



Serves
Baby: 12 x 55 g portions
Toddler: 6 x 110 g portions
(suitable from 10 months)



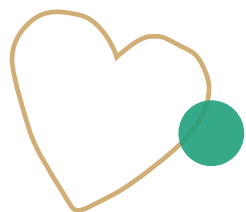
Allergy information
Free from milk, soya,
egg, sesame,
nuts & peanuts

Ingredients

- 150 g butternut squash, peeled and diced into small 1 cm cubes)
- 75 g dried macaroni (check it is egg-free)
- 1 tsp oil
- 75 g petits pois
- 250 ml cheese sauce (p. 30)
- Extra sprinkle of finely grated dairy-free cheese to decorate

Method

1. Prepare the butternut squash.
2. Place the butternut squash in a pan, cover with boiling water and cook over a low heat until soft (approx. 15 mins). Add the petits pois and turn up the heat to high. Bring the pan back to the boil, then remove from the heat immediately and drain.
3. In a separate pan cook the pasta until soft (with 1 tsp oil to stop it sticking), then drain and rinse with boiled water.
4. Make up the cheese sauce (see p. 30).
5. Transfer the butternut squash, pasta and petits pois into a bowl and add the sauce. Mix until all ingredients are combined.
6. Sprinkle with finely grated dairy-free cheese to finish.



Good source of **calcium**

Top
Tips

Variations

- 1 If your child has a gluten or wheat allergy, use a cornflour-based white sauce (p. 28), and swap the macaroni for a gluten-free alternative (e.g. red lentil pasta or buckwheat pasta)
- 2 Try swapping butternut squash with sweet potato, pumpkin or swede
- 3 Petits pois add colour, protein, vitamins & minerals so are a great option for a vegetarian choice

Freezing instructions

Once cooled, freeze in portions immediately. This recipe can be stored in the freezer for up to one month. Cover tightly to exclude all air when freezing. Defrost in the fridge and reheat in a pan over medium heat until piping hot, stirring occasionally. You may need to add a little water to achieve the desired consistency.

Stage 2 recipes – Exploring textures (7–9 months)

Stage 3 recipes – Family foods (10+ months)

Greek lamb moussaka

This Greek dish is the perfect family meal that everyone can enjoy!



Prep time
25 minutes
Cooking time

15 minutes cooking time
for baby/toddler portion



Storage
Suitable for
home freezing



Serves
Baby: 12 portions
Toddler: 8 portions
(suitable from 10 months)



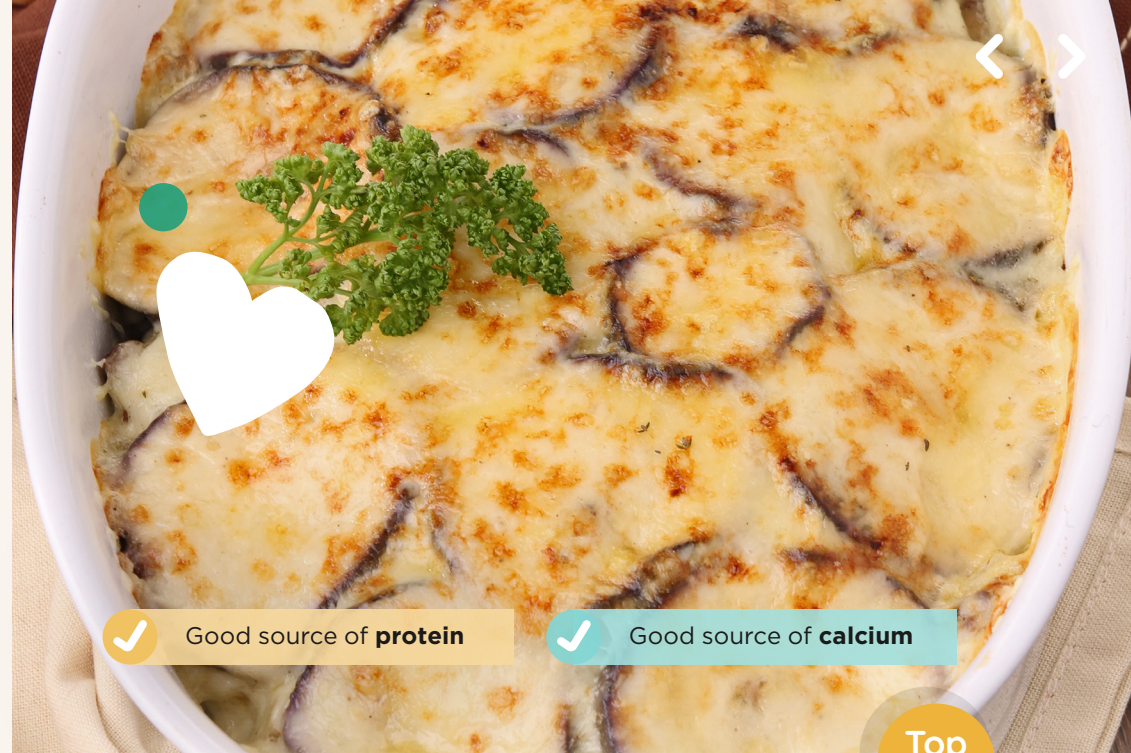
Allergy information
Free from milk, soya,
egg, sesame,
nuts & peanuts

Ingredients

- 1 large aubergine
- 5 tsp olive oil
- 250 g lamb mince
- 50 g onion, finely chopped
- 1 garlic clove, finely chopped (4 g)
- 50 g mushrooms, finely chopped
- ½ small pepper, cored, deseeded, finely chopped (25 g)
- 150 g passata/chopped tomatoes
- 1 tsp dried oregano/mixed herbs
- 500 ml cheese sauce (double the recipe on p. 30)
- Dairy-free cheese, grated (optional)

Method

1. Pre-heat oven to 190°C, fan 180°C, gas mark 5.
2. Slice the aubergines thinly and coat the slices with 4 tsp of olive oil so that they don't stick to the tray (you can add more oil for children who need to gain weight). Spread onto a baking tray and oven cook on the middle shelf for 10–15 minutes.
3. In a saucepan add a teaspoon of olive oil and the lamb mince and cook until lightly-browned on a medium to high heat.
4. Stir in the onions and garlic and cook until softened.
5. Add mushrooms, pepper, oregano and passata. Stir together and cook gently for 10 minutes.
6. Make up the cheese sauce (see p. 30) while the mince is cooking.
7. Layer the moussaka into individual portions in ramekins, or into a family-sized dish putting the mince at the bottom, then the aubergine, followed by the cheese sauce. Repeat. Sprinkle dairy-free grated cheese on the final layer of cheese sauce.
8. Bake on a baking tray in the centre of the oven for 10–15 minutes for the ramekins, or 30–35 minutes for the family-sized dish until bubbling and piping hot throughout.
9. Allow to stand for 10 minutes before serving.



Good source of **protein**



Good source of **calcium**

Top
Tips

Recommendation

- All fan ovens perform differently, so adjust the temperature accordingly if necessary.

Variations

- 1 For a large family-sized dish, cook for 30–35 minutes
- 2 For a vegetarian option, swap to meat-free mince—remember to check ingredients
- 3 Moussaka provides a great source of iron. Serve with peas/green vegetables to boost levels even higher
- 4 Why not try adding carrot

Freezing instructions

Freeze this recipe once assembled and before you put it in the oven. Cool as quickly as possible, cover tightly to exclude all air, and freeze immediately. Moussaka can be stored in the freezer for up to one month. Defrost completely in the fridge and when reheating ensure that the food is piping hot throughout. Allow to stand for 10 minutes before serving. Ensure that baby's portion is evenly cooled.

Stage 2 recipes – Exploring textures (7–9 months)

Stage 3 recipes – Family foods (10+ months)

Brilliant bolognese

A delicious classic and family favourite for weaning your little one. Packed with a variety of textures and flavours, this recipe is perfect for a quick mid-week meal.



Prep time

10 minutes

Cooking time

25 minutes



Storage

Suitable for home freezing



Serves

Baby: 12 x 50 g portions
Toddler: 6 x 100 g portions



Allergy information

Free from milk, soya, egg, sesame, nuts & peanuts

Ingredients

- 1 tsp vegetable oil
- 250 g lean minced beef
- 50 g onion, finely chopped
- 1 clove garlic, crushed (4 g)
- 1 medium carrot, peeled and chopped/grated (50 g)
- 3 mushrooms, finely chopped (50 g)
- 25 g red pepper, seeded and finely chopped
- 200 g/ml chopped tomatoes/passata
- 1 tsp tomato purée
- 1 tsp oregano/mixed herbs (fresh or dried)
- Powdered EleCare (add to your child's portion just before serving. 1 scoop per 50 g portion or 2 scoops per 100 g portion)*

*Only use the scoop provided in the EleCare tin

Method

1. Heat the oil in a saucepan and add the mince. Cook on a medium to high heat until browned.
2. Add the garlic and onion and cook until softened.
3. Add the carrot, pepper, passata/tomato and herbs.
4. Cook for 25 minutes.
5. Can serve as it is or blend to a smoother texture for younger babies.
6. Stir in the EleCare powder and mix well.
7. Serve on a bed of pasta.
8. You may add white sauce or dairy-free cheese sauce (see p. 28, 30) and sprinkle dairy-free cheese on top before serving.



Good source of **iron**



Good source of **protein**

Top Tips

Variations

1. Serve with spaghetti/baby spaghetti or pasta (gluten/wheat-free if required). Or try serving with EleCare rice (see p. 40) or mashed potato with added EleCare (see fish bake for mashed potato recipe (see p. 42)
2. This bolognese can also be served with finger food or soft bread to dip in
3. For a vegetarian alternative use meat-free mince as a substitute
4. Try swapping carrots with courgettes and peppers for variety
5. To turn bolognese into chilli con carne add beans, mild chilli powder and thyme. Don't use butter beans—they are too dry to mash and the skins are tough, which is a choking risk for younger babies

Freezing instructions

Once cooled, freeze this recipe in portions immediately. Cover tightly to exclude all air when freezing. This meal can be stored in a freezer for up to one month. Defrost in the fridge and when reheating, ensure that the food is piping hot throughout. Stir the food well to ensure even heat distribution and allow to cool to body temperature before serving.

Lasagne

Brilliant bolognese is a versatile recipe that can be used in classic family meals like lasagne. This hearty dish can be enjoyed by everyone while introducing new textures to your baby.

Ingredients

- Brilliant bolognese (see p. 36 for recipe)
- 300 ml cheese sauce (p. 29) made with the thinner white sauce recipe (p. 28) and 50 g of grated, strong dairy-free/soya-free cheese
- Dried durum wheat lasagne sheets (ensure pasta is egg-free if required)



Allergy information

Free from milk, soya, egg, sesame, nuts & peanuts

Method

1. Preheat oven to 190°C/180°C (fan oven)/ gas mark 5.
2. The lasagne may be assembled in a deep, oven-proof dish for all the family, or in individual ramekins for your baby or toddler, as follows:
3. Place a layer of brilliant bolognese in the bottom of the dish, followed by a layer of lasagne sheets, then a layer of cheese sauce. Repeat.
4. Top with a sprinkling of grated dairy-free/soya-free cheese.
5. Bake in the oven for approx. 25-30 mins for a family-sized dish, or 15-20 mins for a ramekin.
6. Ensure that the dish is evenly cooked throughout. The lasagne should be soft all the way to the bottom of the dish when a knife is inserted and piping hot throughout.
7. Remove from the oven and set aside to stand for 10 minutes before serving.



Stage 2 recipes – Exploring textures (7–9 months)

Stage 3 recipes – Family foods (10+ months)

EleCare rice

This easy rice recipe is the perfect complement to many dishes. Whatever you're having with rice, it will take on that flavour, making this the perfect side dish for many family meals.



Prep time

1 minute

Cooking time

15 minutes



Storage

Suitable for home freezing



Serves

Baby: 10–12 x
20–26 g portions
Toddler: 5–6 x
40–52 g portions



Allergy information

Free from milk, soya, egg, wheat, sesame, nuts & peanuts

Ingredients

- 1 tsp vegetable oil
- 100 g rice
- 210 ml water
- 7 scoops of powdered EleCare formula*

*Only use the scoop provided in the EleCare tin

Method

1. Combine all the ingredients in a pan. Bring to the boil, stir once, cover with a lid, turn to low heat and steam gently for 15 minutes.†
2. Ensure that the rice is fully cooked, soft and fluffy before serving (or it may be a choking hazard).
3. If some of the rice grains are still a little hard, you may need to add a little more boiling water. Fork through to separate the grains, re-cover and return to the heat until the rice is completely cooked through and is soft and fluffy.

†If the rice turns a caramel to brown colour then it has been overcooked—please discard and start again



Top Tips

Caution

- NEVER reheat rice more than once
- NEVER allow cooked rice to stand at room temperature. It must be eaten, or cooled within 1 hour (maximum) and refrigerated or frozen immediately. Discard refrigerated rice after 24 hours

Freezing instructions

Cool within one hour. Once cooled, freeze in portions immediately. Cover tightly to exclude all air when freezing. EleCare rice can be stored in a freezer for up to one month. Defrost in the fridge and when reheating ensure that the food is steaming hot throughout. Fork through the rice to ensure even heat distribution before serving.

Fabulous fish bake

Fish is an amazing source of protein, vitamins and minerals. This nutritious recipe is great for a family meal and for your growing baby.



Prep time

20 minutes

Cooking time

30–40 minutes



Storage

Suitable for home freezing



Serves

Baby: 10 x 100 g portions
Toddler: 5 x 200 g portions
(suitable from 10 months)



Allergy information

Free from milk, soya, egg, sesame, nuts & peanuts

Ingredients

Fish

- 100 g natural smoked haddock (skin on)
- 100 g skinless cod fillet
- 200 g skinless salmon fillet cut into two 100 g portions
- 20 g dairy-free margarine

Topping

- 2 medium potatoes and 1 small sweet potato (approx. 400 g total)
- 25 g dairy-free margarine
- 4 scoops of powdered EleCare formula made up in 40 ml water

Spinach (do not include spinach if freezing)

- 4 frozen spinach nuggets (each ball weighs approx. 40 g before being defrosted)

Sauce

- 300 ml water
- 10 scoops of powdered EleCare formula*
- 25 g dairy-free margarine
- 25 g plain flour
- Juice of 1 lemon
- 50 g dairy-free strong melting cheese, finely grated (+ some extra for sprinkling on top!)
- 15 g parsley, finely chopped

*Only use the scoop provided in the EleCare tin



Good source of **omega 3**



Good source of **calcium**



Good source of **iron**



Good source of **energy**

Method

1. Preheat oven to 190°C, gas mark 5 and place fish on baking parchment on a baking tray. Dot with dairy-free margarine.
2. Bake for 10 minutes until just cooked through and fish is starting to flake. Remove from the oven and set aside.
3. Peel and dice the potatoes and sweet potatoes into small cubes. Bring to the boil in a pan and simmer until soft (approx. 15 minutes). Drain and add dairy-free spread and EleCare. Mash until smooth and set aside.
4. Finely chop the defrosted spinach.
5. Make up the cheese sauce—put all the ingredients together in a pan (except for the parsley) over a medium heat, stirring constantly until thickened and bubbling. Then stir in the parsley.
6. Remove the skin from the haddock and check to make sure there are no tiny bones. Flake all the fish into a baking dish, or divide into ramekins.
7. Pour the sauce over the fish and then add a layer of spinach.
8. Top with the potato/sweet potato mash & sprinkle with extra grated cheese.
9. Extra portions can be frozen at this stage.
10. Bake in the oven for 15 minutes ramekin (or around 30 minutes for a family dish) until bubbling and piping hot throughout. Do not over-cook. Allow to stand for 5 minutes before serving. Ensure that baby's portion is cooled to body temperature throughout.

Assemble the fabulous fish bake:

Caution

- Check the fish for bones as this is a choking hazard
- The NHS advises that swordfish, shark and marlin are not suitable for babies and children up to the age of 16 as they contain high levels of mercury, which can damage the delicate developing nervous system
- If crustaceans (e.g. prawns) are used, take care to ensure that they are fully cooked

Freezer instructions

Once assembled and cooled, freeze extra portions immediately (see step 4 in 'Assemble the fabulous fish bake' above). Cover tightly to exclude all air when freezing. This meal can be stored in a freezer for up to one month. Defrost in the fridge and reheat in the oven until bubbling and piping hot throughout. It is especially important to check this at the centre of the dish. Once cooked allow to cool to body temperature before serving.

Top Tips

Butternut squash & spinach dahl

An easy family-friendly vegetarian recipe that your baby will enjoy. This delicious dish is perfect for trying out new flavours with your baby.



Prep time
20 minutes
Cooking time
35 minutes



Storage
NOT suitable for home freezing



Serves
Baby: 16–20 x
40–50 g portions
Toddler: 8–10 x
80–100 g portions



Allergy information
Free from milk, soya, egg, nuts & peanuts

Ingredients

- 15 ml rapeseed oil
- 60 g onion, finely chopped
- 60 g carrots, peeled and finely diced
- 200 g butternut squash, peeled & diced into small chunks
- 10 g fresh ginger, peeled and grated
- 1 small garlic clove (3 g), minced or pressed
- ¼ tsp ground cinnamon
- ½ tsp ground cumin
- ½ tsp ground coriander
- ½ tsp ground turmeric
- Small pinch of cayenne pepper (optional)
- 500 ml water
- 100 g red lentils, thoroughly rinsed
- 100 g defrosted frozen spinach, water squeezed out & finely chopped (equivalent to 6 frozen nuggets after being defrosted & the excess water has been squeezed out)
- 1 scoop of powdered EleCare for babies, 2 scoops for toddlers*
- Flatbread

*Only use the scoop provided in the EleCare tin

Method

1. Heat the rapeseed oil in a large pan. Add the onion and carrots and cook for 5 minutes until soft.
2. Add the garlic and cook for a further minute, then add the butternut squash, ginger and dried spices, stirring everything together.
3. Rinse the lentils and add to the pan with the water. Stir and bring to the boil, then reduce the heat and leave to simmer for 20–25 minutes until the lentils and butternut squash are tender.
4. Squeeze out any excess water from the defrosted spinach and chop finely. Stir it into the dahl, return to the boil, then remove from the heat immediately.
5. To serve, purée baby's portion and stir in 1 scoop of powdered EleCare. For your toddler's serving stir in 2 scoops of powdered EleCare.
6. Serve with flatbread or EleCare rice (see p. 40).



Good source of **fibre**



Good source of **iron**

Top
Tips

Variations

1

Why not try the butternut squash & spinach dahl with couscous, soft chapati, flatbread or wrap. Remember to check the ingredient list for all manufactured products

2

Use a hand blender on the dahl to create the desired consistency for your baby

Krupnik barley broth

This nutrient-rich Polish soup is great for the family and your weaning baby. Whether you're looking for a vegetarian meal for your baby or you would like to add meat to this tasty broth, it's up to you.



Prep time

15 minutes

Cooking time

35–40 minutes



Storage

Suitable for home freezing



Serves

Makes 1.35 L

Baby: 60 g portion

Toddler: 120 g portion
(suitable from 10 months)



Allergy information

Free from milk, soya, egg, sesame, nuts & peanuts

Ingredients

- 15 ml olive oil
- 100 g onion (prepared weight), chopped
- 80 g mushrooms, cut into small dice
- 120 g carrots (prepared weight), peeled and diced into small cubes
- 150 g potatoes (prepared weight), diced into small cubes
- 1 clove of garlic (5 g), minced or pressed
- 1 L vegetable stock made from low salt stock cubes (2 stock cubes dissolved in 500 ml of boiling water). Caution: stock cubes may contain celery (allergen). Check ingredients for gluten too
- 100 g pearl barley or buckwheat groats
- ½ tsp fresh or dried parsley
- 1 bay leaf
- 1 scoop of powdered EleCare for your babies, 2 scoops for toddlers*

*Only use the scoop provided in the EleCare tin

Method

1. Heat the olive oil in a large pan over medium heat.
2. Add the onion, mushrooms, carrots, and potatoes to the oil. Cook until the onions are translucent, and the potatoes soften a little.
3. Add the garlic and cook for one more minute.
4. Add the vegetable stock, then add the barley, parsley and the bay leaf. Mix together well.
5. Bring to boil, then reduce to a simmer.
6. Cover and cook for 30 minutes or until the barley or buckwheat is soft, stirring occasionally.
7. Remove the bay leaf before serving.
8. Add powdered EleCare to your child's portion—1 scoop for babies or 2 scoops for toddlers.

Variations

- 1 This is a textured dish, so excellent for toddlers. Try blending for a smoother texture for your baby. You may need to add a little more boiled water to achieve the desired consistency
- 2 Add chicken or lamb to the meal for some added protein

Caution

Barley contains gluten. You can substitute barley with buckwheat groats, quinoa grains, millet grains or amaranth grains. Note, these grains may take longer to cook, follow the instructions on the packet.

Freezing instructions

Divide into portions and allow to cool completely before freezing. Use small lidded containers or covered ice cube trays and exclude all air. Freeze within one hour. May be frozen for up to one month. Defrost in the fridge, then reheat over a medium heat until boiling. Allow to boil for 30 seconds. Stir to ensure that the heat is evenly distributed throughout, then cool and serve. Don't forget to stir EleCare into baby's portion before serving.

Stage 2 recipes – Exploring textures (7–9 months)

Stage 3 recipes – Family foods (10+ months)

Custard

With its thick and creamy texture, this is a dish your little one will enjoy. This easy recipe is delicious on its own, or as a perfect accompaniment to all sorts of delicious desserts, including fruit purées and chopped or mashed fruits.



Prep time

1 minute

Cooking time

3 minutes



Storage

NOT suitable for home freezing



Serves

Makes 270 ml
Baby: 6 x 45 ml portions
Toddler: 3 x 90 ml portions



Allergy information

Free from milk, soya, egg, wheat, sesame, nuts & peanuts

Ingredients

- 2 tbsp milk-free custard powder* (15 g)
- 1 tsp vanilla extract (optional)
- 270 ml cold water
- 6 scoops of powdered EleCare[†]

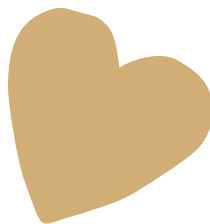
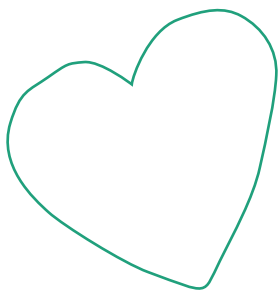
* Check label of custard powder

[†] Only use the scoop provided in the EleCare tin

Method

1. Place all the ingredients together in a pan and whisk together thoroughly until all the custard powder lifts from the bottom of the pan.
2. Place the pan on a medium heat, whisking constantly until it boils.[‡]
3. Continue to whisk over the heat for 30 seconds.
4. This can be served warm or cold from the fridge.

[‡]If the custard turns a caramel to brown colour then it has been overcooked—please discard and start again



Good source of **calcium**

Top
Tips

Variations:

- 1 Try stirring some fruit purée into the custard to sweeten it and add colour
- 2 Banana custard is a family favourite—serve with mashed banana for babies, or banana fingers for toddlers

Refrigeration instructions

This recipe is not suitable for freezing. You can store the excess in the fridge for no more than 24 hours. Reheat over a medium heat stirring constantly until the custard is piping hot throughout. Cool to body temperature before serving to your baby.

Stage 2 recipes – Exploring textures (7–9 months)

Stage 3 recipes – Family foods (10+ months)

Mango rice pudding

A delicious, naturally sweetened rice pudding recipe which is a great way to give your little one a yummy treat.



Prep time

5 minutes

Cooking time

25–30 minutes



Storage

NOT suitable for home freezing



Serves

3 x 45 g portions
(suitable from 10 months)



Allergy information

Free from milk, soya, egg, wheat, sesame, nuts & peanuts

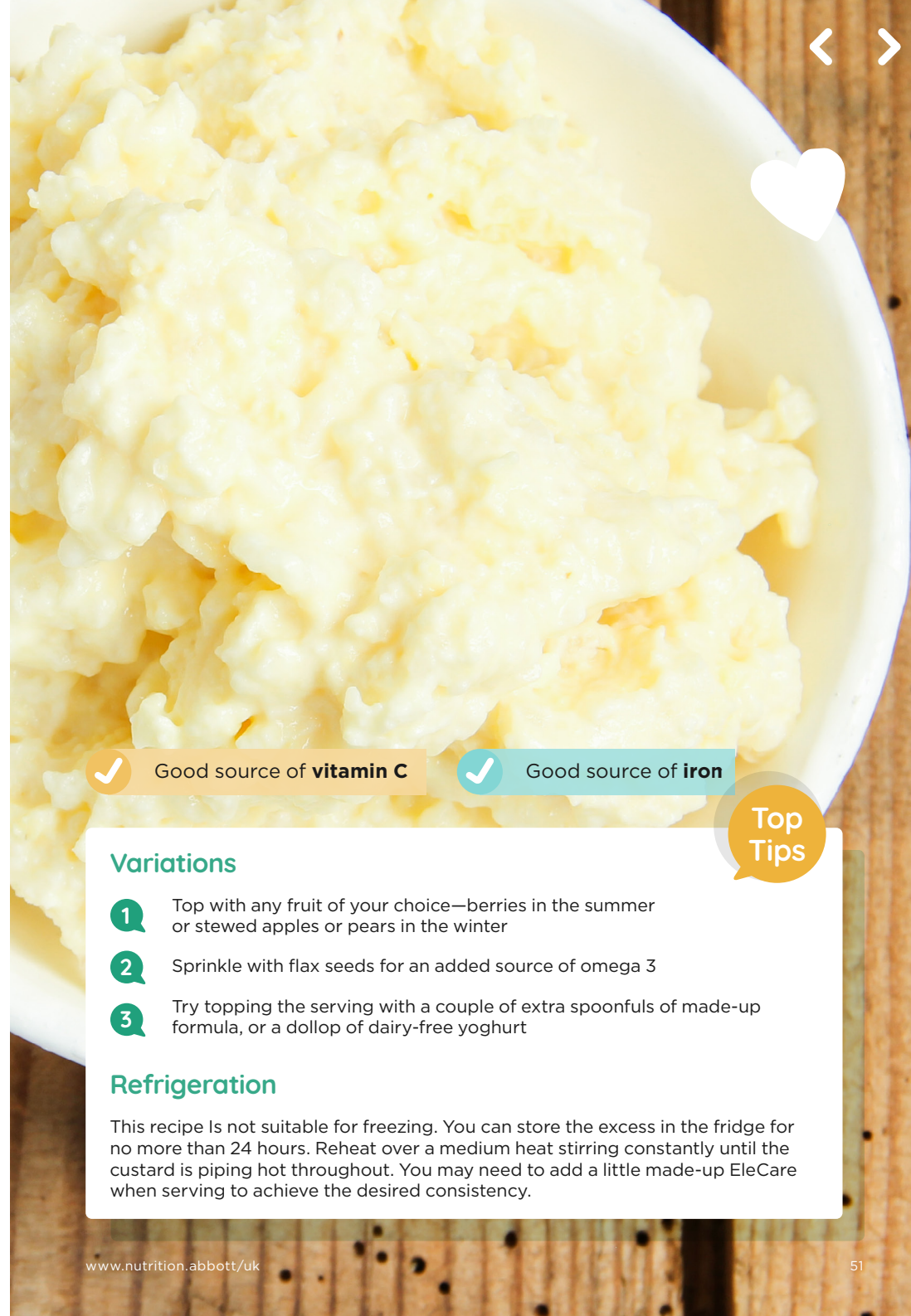
Ingredients

- 25 g pudding rice
- 150 ml boiling water
- ½ tsp vanilla extract
- 3 scoops of powdered EleCare*
- 75 g ripe mango flesh, mashed

*Only use the scoop provided in the EleCare tin

Method

1. Place boiling water and the pudding rice into a saucepan and return to the boil.
2. Stir, reduce the heat to low and cover. Simmer gently for 25–30 minutes until the grains are completely cooked and soft (the rice will still be quite wet).
3. Remove from the heat and stir in the powdered EleCare and vanilla. Leave to stand for 5 minutes.
4. Serve topped with mashed mango or a favourite fruit purée for natural sweetness and colour.



Good source of **vitamin C**



Good source of **iron**

Top
Tips

Variations

1. Top with any fruit of your choice—berries in the summer or stewed apples or pears in the winter
2. Sprinkle with flax seeds for an added source of omega 3
3. Try topping the serving with a couple of extra spoonfuls of made-up formula, or a dollop of dairy-free yoghurt

Refrigeration

This recipe is not suitable for freezing. You can store the excess in the fridge for no more than 24 hours. Reheat over a medium heat stirring constantly until the custard is piping hot throughout. You may need to add a little made-up EleCare when serving to achieve the desired consistency.

Stage 2 recipes – Exploring textures (7–9 months)

Stage 3 recipes – Family foods (10+ months)

Faux-mage frais

A tasty weaning recipe that is really easy for you to whip up and add variety to your little one's meal as you introduce them to new fruits and flavours.



Prep time
5 minutes
Cooking time
2 minutes



Storage
NOT suitable for
home freezing



Serves
Makes 250 g
Baby: 6 x 40 g portions
Toddler: 3 x 80 g portions



Allergy information
Free from milk, soya,
egg, wheat, sesame,
nuts & peanuts

Ingredients

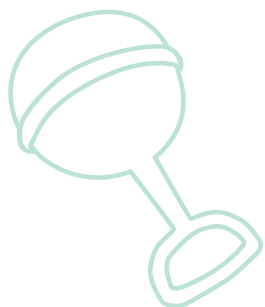
- 150 ml water
- 5 scoops of powdered EleCare*
- 2 tbsp ground arrowroot
- ½ medium avocado (80 g prepared weight after removing skin)
- 1 tsp vanilla extract
- 1 tsp lemon juice

*Only use the scoop provided in the EleCare tin

Method

1. Put the water, EleCare and arrowroot into a pan and whisk vigorously to remove any lumps.
2. Place the pan over a medium heat and bring the mixture to the boil, stirring constantly.[†] As it reaches the boil the mixture will thicken. Remove from heat immediately and transfer straight into a bowl. Allow to cool completely.
3. Place the avocado, vanilla & lemon juice in a separate bowl and mash together briefly.
4. Add the cooled EleCare and arrowroot liquid and use a hand blender to blend everything to a smooth texture.
5. Refrigerate for 2 hours or until use.
6. To serve stir in your favourite mashed or crushed fruits (e.g. strawberries, raspberries, mangoes or bananas).

[†]If the EleCare and arrowroot liquid turns a caramel to brown colour then it has been overcooked—please discard and start again



✓ Good source of **iron**

✓ Good source of **calcium**

Top
Tips

Recommendations

- Arrowroot powder is usually found in your supermarket baking aisle. It is used as a nutritious starch thickener and contains good amounts of potassium, iron, B vitamins and dietary fibre. It is used similarly to cornflour, but must be removed from the heat as soon as it thickens and bubbles. Gives a glossy finish
- Do not allow the EleCare/arrowroot mixture to boil continuously as this will break down the thickening qualities of the arrowroot
- When adding mashed soft fruits to the faux-mage frais be careful not to include too much juice or it will become too runny. Strain the fruits before adding. Reserve the liquid and pour it over the top when serving!

Variations

- 1 To increase the variety your baby eats, have your baby experience more tastes and flavours. Serve with puréed or mashed fruits depending on their stage of weaning
- 2 Try adding a dollop of dairy-free oat or coconut yoghurt for extra creaminess and nutrition. Remember to check the labels

Refrigeration

Keep faux-mage frais refrigerated and tightly covered. Use within 24 hours. Not suitable for freezing.

Stage 2 recipes – Exploring textures (7–9 months)

Stage 3 recipes – Family foods (10+ months)

Chocolate celebration cake

A go-to black bean chocolate cake with creamy ganache topping for celebrating those important occasions or simply as a tasty treat. This deliciously rich cake, with its creamy, nutritious frosting, is something everyone can enjoy.



Prep time
10 minutes
Cooking time
18–20 minutes



Serves
12 (suitable
from 12 months)



Allergy information
Free from milk, egg,
soya, sesame,
nuts & peanuts

Ingredients

Cake mix

- 400 g black beans (1 tin/carton), drained and rinsed
- 100 g soft and pitted prunes
- 2 tbsp cocoa powder (check ingredients)
- 75 g Agave syrup (or maple syrup)
- 4 tbsp brown sugar
- 2 tbsp oil
- 1 tsp vanilla extract
- ½ tsp baking powder
- 50 g self-raising flour (or gluten-free flour mix)
- 50–100 g chocolate dairy-free chips (optional) (check ingredients)

Chocolate ganache frosting

- 1 large ripe avocado
- 2 tbsp cocoa powder
- Agave syrup or maple syrup to taste, approx 50–75 ml

Method

1. Preheat oven to 180°C or gas mark 4.
2. Line a greased tin with baking parchment.
3. Put all cake mix ingredients together in a food processor except for the chocolate chips.
4. Mix until smooth.
5. Stir in the chocolate chips (optional).
6. Pour the mixture into the prepared tin.
7. Bake in the middle of the oven for 18–20 minutes, or until a skewer inserted into the centre comes out clean.
8. Remove from the oven and leave to cool. Once cool the cake will firm up.
9. Make the chocolate ganache frosting by mixing avocado, cocoa powder, agave syrup or maple syrup in a bowl until smooth. You can mix this together using a hand blender.
10. Spread the frosting on the cake once it has cooled.
11. Share and enjoy!

Recommendation

This is a recipe for the whole family to enjoy. EleCare formula can be added to your baby's portion of the cake mix and/or ganache if you wish.

Top
Tips

Stage 2 recipes – Exploring textures (7-9 months)

Stage 3 recipes – Family foods (10+ months)

Beetroot dip

If using ready-cooked beetroot from the supermarket, this is a no-cook recipe and will be ready in minutes!



Prep time

10 minutes

Cooking time

30 minutes

(or 5 minutes

if using

ready-cooked

beetroot)



Storage

Suitable for
home freezing



Serves

7 x 25 g portions
(suitable from 7 months)



Allergy information

Free from milk, soya,
egg, wheat, sesame,
nuts & peanuts

Ingredients

- 1 medium beetroot or 150 g ready-cooked beetroot in water (not vinegar)
- ¼ tsp ground cumin
- 1 g fresh mint leaves, finely chopped
- 1 tsp lemon juice, strained
- 1 tbsp beetroot juice (15 ml) from the cooking water (or pack if using ready-cooked beetroot)
- 2 scoops of powdered EleCare*

*Only use the scoop provided in the EleCare tin

†Contains wheat

Method

1. Peel and dice the beetroot. Place in a pan, cover with water and bring to the boil. Reduce the heat and simmer for approx. 30 minutes or until tender. Strain, reserving the juice, and leave to cool. If using ready-cooked beetroot, simply drain, reserve the juice and dice.
2. In a bowl mix the cumin, mint, and strained lemon juice. Add the cooked beetroot and 1 tbsp of beetroot juice.
3. Blend everything together to a smooth purée.
4. Stir in the powdered EleCare.
5. Serve with warm pitta bread† cut into fingers.



Top Tips

Recommendations

- Babies look at colour and often choose their food based on how they look. Beetroot dip provides a bright colour and a natural sweetness that your baby will enjoy
- This meal makes food interactive for kids. Cut the pitta bread into fingers and serve alongside the bowl of beetroot for dipping

Variations

- 1 Try adding a teaspoon of faux-mage frais (see p. 52) or dairy-free yoghurt for some added creaminess and nutrition

Refrigeration

Store extra portions in an airtight container in the fridge for a maximum of 3 days.

Freezer instructions

Freeze the beetroot dip in portions in an ice cube tray and cover tightly to exclude all air. This recipe can be stored in the freezer for up to 14 days. Defrost in the fridge as required. Ensure the beetroot dip is thoroughly defrosted and stir well before serving.

Stage 2 recipes – Exploring textures (7-9 months)

Stage 3 recipes – Family foods (10+ months)

Pea pesto dip

A fresh and flavour-packed meal made with a few simple ingredients. This tasty dish can be enjoyed by both your baby and the whole family.



Prep time

2 minutes

Cooking time

1 minute



Storage

NOT suitable for home freezing



Serves

Makes 160 g

Baby: 4 x 40 g portions

Toddler: 2 x 80 g portions (suitable from 7 months)



Allergy information

Free from milk, soya, egg, wheat, sesame, nuts & peanuts

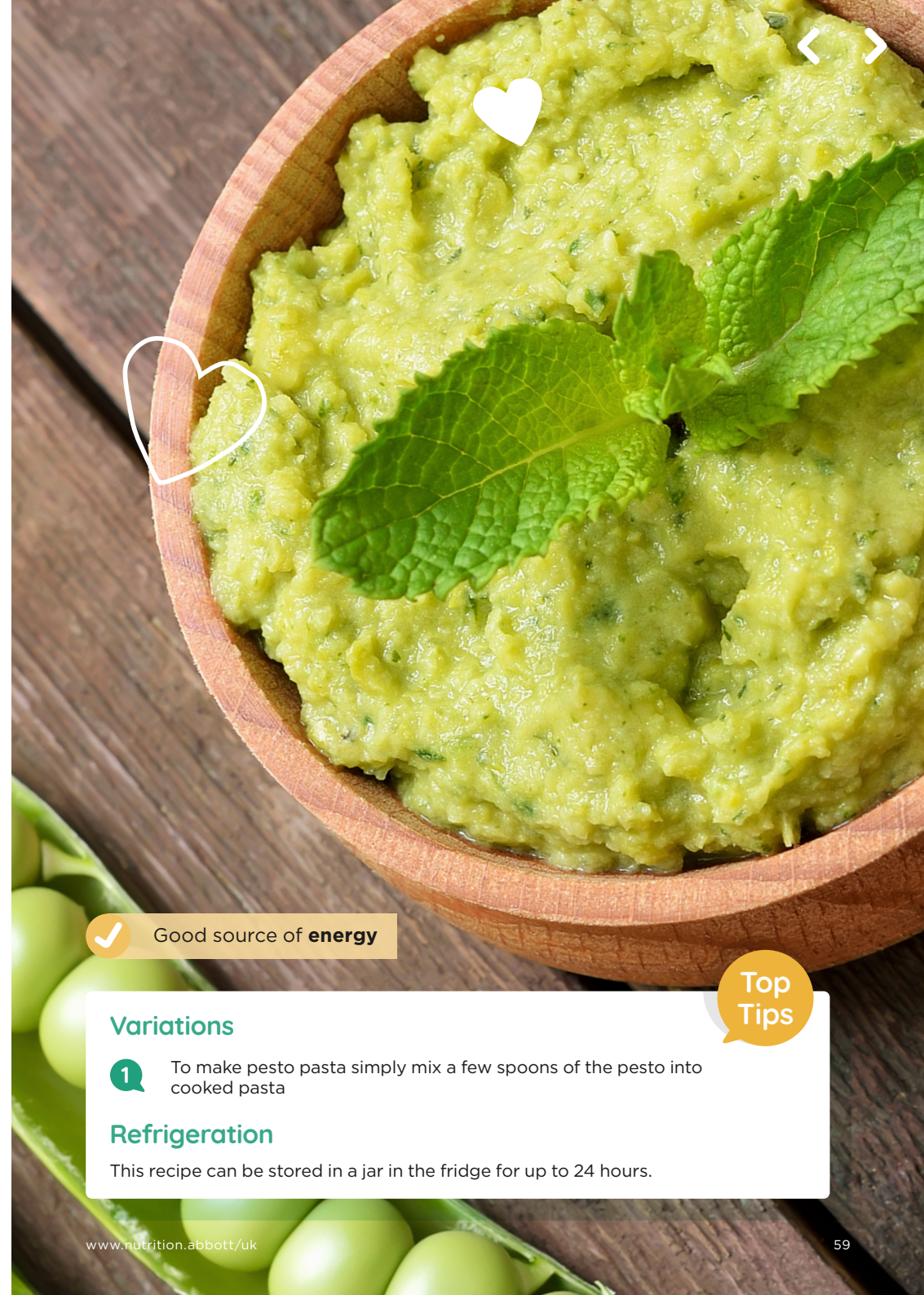
Ingredients

- 100 g frozen petits pois
- 2 tsp dairy-free Parmesan cheese (check ingredients)
- 50 ml olive oil
- 4 g basil leaves
- 1 tbsp lemon juice strained
- 1 small garlic clove, crushed or chopped (2 g)
- 4 scoops of powdered EleCare*

*Only use the scoop provided in the EleCare tin

Method

1. Put the peas in a saucepan and cover with boiling water. Place the pan on the heat and bring to the boil.
2. Allow to boil for a maximum of 30 seconds then drain the peas immediately.
3. Add the peas to a food processor along with the rest of the ingredients (except the EleCare). You can use a hand blender instead if you wish.
4. Blend until smooth.
5. Stir in the powdered EleCare.



Good source of **energy**

Top
Tips

Variations

1

To make pesto pasta simply mix a few spoons of the pesto into cooked pasta

Refrigeration

This recipe can be stored in a jar in the fridge for up to 24 hours.

Nutritional information

The recipes in this collection have the nutritional information per the whole recipe listed—so whatever your baby's needs, you can decide to tailor the ingredients or simply choose between meals to ensure your baby receives a balanced and healthy diet. The nutritional information will vary based on the ingredients you use.

	Energy (kcal)	Protein (g)	Fat (g)	Carbohydrate (g)	Carbohydrate of which sugars (g)	Iron (mg)	Calcium (mg)
Veg purée: broccoli and potato (p. 18)	563	11	31	59	6	13.1	256
Fruit purée: apple & pear purée (p. 20)	277	4	10	51	41	1.6	123
Fruit purée: banana & avocado (p. 22)	235	5	12	19	10	1.9	75
Oaty porridge (p. 24)	133	4	4	20	1	1.6	72
Fluffy breakfast mini pancakes (p. 26)	580	14	8	112	20	5.6	279
Basic white sauce (p. 28)	345	6	21	33	1	2.4	181
Butternut squash mac 'n' cheese (p. 32)	754	17	35	97	21	9.4	632
Greek lamb moussaka (p. 34)	1518	60	110	82	23	9.7	589
Brilliant bolognese (p. 36)	784	88	27	41	15	39.0	273
Fabulous fish bake (p. 42)	1909	115	100	132	23	23.6	1027
Butternut squash & spinach dahl (p. 44)	947	43	32	126	29	18.0	716
Krupnik barley broth (p. 46)	709	15	17	115	16	4.8	101
Custard (p. 48)	160	3	5	24	1	1.6	123
Mango rice pudding (p. 50)	185	4	3	36	11	3.5	72
Faux-mage frais (p. 52)	302	7	16	19	1	2.5	115
Black bean chocolate cake with creamy ganache topping (p. 54)	2023	148	95	276	87	21.7	314
Beetroot dip (p. 56)	101	4	2	19	12	1.7	65
Pea pesto (p. 58)	714	8	68	14	2	2.2	80

*Please note the totals are the approximate amount of nutrients and energy for the WHOLE recipe and NOT per portion.

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