

NUTRICIA
Neocate[®]
RECIPE BOOK

For Easy Allergen-Free Cooking



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Caregivers of food-allergic children have a lot to juggle, providing a nutritious diet to foster growth and development while simultaneously keeping their child safe from allergen exposures and preserving quality of life in a food-centric world.

To add to a caregiver's list of concerns, food allergies and digestive disorders may negatively affect their young child's feeding skill development and food preferences. There exists growing evidence that exposure to a variety of flavors and textures in early life helps influence food preferences throughout the life span. Providing a varied diet often complements achieving good nutrition.

Thankfully, there are resources that help support families along their food allergy journey. This Neocate recipe book contains guidance for initiating complementary foods as well as providing fun allergen-free recipes that children of all ages will enjoy. The following creative recipes buoy families' efforts to incorporate nutrient-dense allowable foods through the addition of Neocate products that help maximize their child's nutritional intake AND foster a positive relationship with food in new, imaginative ways.

Invite your child to help prepare these simple recipes with you. It may pique their interest and enhance their enjoyment with food! You can discover even more ideas, inspiration and videos on the Neocate website, Food allergy living blog and Neocate Footsteps app.

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Allergen Advice

All recipes included in this booklet avoid the use of cow milk. However, make sure that you check the ingredient list on all food labels to ensure that any additional products used in the recipes do not contain cow milk.

Some of the recipes included in this book may include other common allergenic ingredients. To help you spot these ingredients, we are including icons next to the recipe name whenever the allergen is present.



WHEAT



EGG



PEANUT



TREE NUTS



MILK



FISH



SHELLFISH



SOY

Please follow your healthcare provider's advice before introducing these recipes to your child's diet.

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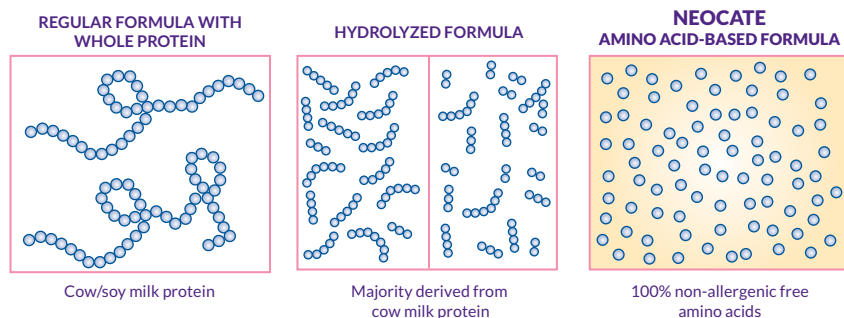
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NUTRICIA
Neocate®

Neocate is a family of hypoallergenic, amino acid-based medical foods. Neocate is intended for use under medical supervision.

What Makes Neocate Special?

If your child has food allergies or a food allergy-related condition, standard formulas that contain cow milk or soy proteins or hydrolyzed formulas that are derived from cow milk proteins may not be suitable. Since your healthcare provider has recommended Neocate for your child's food allergic condition, we would like to provide you with some useful information. Neocate powdered products are manufactured in a dairy protein-free facility, and Neocate is comprised of amino acids, the basic building blocks of all protein, making it the most hypoallergenic type of formula.



Neocate Products For Every Step In Your Food Allergy Journey

All Neocate products are specifically designed for infants and children with food allergies and related gastrointestinal (GI) conditions.

Neocate offers the broadest line of hypoallergenic products designed to help nourish your child from birth through the teen years. Neocate's family of amino acid-based products provide more inviting amino acid-based flavors and texture option than anyone else.



✓ Trusted brand for 30 Years

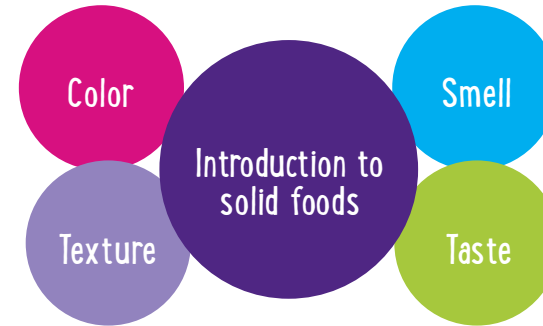


Introducing Your Infant To New Complementary Foods

The introduction of complementary solid foods into your infant's diet marks an important and exciting developmental milestone. Before starting solids, seek advice about introducing complementary foods from your infant's healthcare provider. This process should be done in a planned, step-by-step manner over time, which allows assessment of your baby's tolerance with each new food introduced.

Signs of Developmental Readiness for Solids

- Baby can sit up in a highchair and have enough neck control to hold her head steady.
- Baby starts chewing on her fists/fingers which is a sign that she is preparing the mouth for food to come.
- Baby is interested in foods and may open her mouth when food approaches.
- Baby has the oral motor skills needed to move food to the back of the throat and swallow it.



Introducing solid foods is not just about how the food tastes and its texture, but the sight and smell of the food can also stimulate eating

Solid Food Introduction

The best time to introduce solid foods is when your baby has developed the skills needed to chew solids. Infants develop these skills usually between 4 and 6 months of life; however, every infant should be managed individually. Developmental signs of readiness for solid food intake along with your parental opinion and healthcare provider's advice will help guide your efforts.

Helpful Hints When Introducing Solid foods

- When starting solid foods, give your baby one new food at a time and avoid mixtures (like combined cereal and fruit or veggie and meat dinners). Give the new food for 3 to 5 days before adding another new food. This way you can tell what foods your baby may be allergic to or can't tolerate.
- Feed all food with a spoon to allow your baby to learn how to eat from a spoon.
- Avoid forcing your infant to eat when he or she is no longer hungry. Expect a smaller and pickier appetite as the baby's growth rate slows around age 1.
- Don't limit your baby's food choices to the ones you like. Offering a wide variety and texture of foods early will pave the way for good eating habits later.
- It is a good idea to keep a food record because it is easier to observe any link between food, symptoms, and time, for example:

Date	Time	Food Eaten	Quantity	Description of Symptoms Experienced	Time/Duration
May 12	10:30am	Strained or pureed carrots	1 teaspoon	Crying longer than usual	10:45 - 11:45am
May 13	10:30am	Strained or pureed carrots	1 teaspoon		
May 14	10:30am	Strained or pureed carrots	2 teaspoon		
May 15	10:30am	Strained or pureed carrots	2-3 teaspoons		
May 16	10:30am	Infant rice cereal + Neocate	1 teaspoon	Diarrhea yellow	11:15am - Once
May 17	10:30am	Infant rice cereal + Neocate	1 teaspoon		

What If Your Child Reacts To New Foods?

- Stop giving that food to your child immediately.
- If your child has a severe allergic reaction, seek medical advice immediately.
- Record the date of the reaction and the symptoms that occurred. Consider downloading the Neocate Footsteps app that allows you to easily record your baby's intake.
- Wait until your infant is better before introducing another new food.

Neocate Recipes

From soft foods like pudding and cereals to finger food – all of the allergy-friendly recipes in this book are designed to support introducing and advancing your baby's diet.

Some of the recipes included can help make meal times fun and exciting for your child as she grows up.



Cooking with or freezing Neocate may affect some nutrient levels: Before preparing a recipe, please consult with your healthcare provider to determine if these recipes and ingredients are appropriate for your child.

Nutritional information for these recipes has been rounded. For more information or other nutrient details, contact our Neocate team at 1-800-Neocate.

Preparation When Using as Powder in Recipes

1

Wash hands thoroughly and clean preparation area.

2

Fill the scoop provided with Neocate and level off with a clean, dry knife. Do not press the powder into the scoop. Only use the scoop provided.

3

Add the noted number of scoops of Neocate to the recipe.

Always Read the Label

When preparing foods for your child with food allergies, always read the ingredients on every label. Since cow milk is the most common food allergen in early childhood, it is important to avoid dairy-related ingredients such as these listed below if your child is allergic to milk.*

Ammonium caseinate	Dry milk	Milk (all types)
Butter	Evaporated milk	Milk protein
Butter fat	Galactose	Milk solids
Butter solids	Ghee	Non-fat milk solids
Calcium caseinate	Hydrolyzed casein	Protein hydrolysate
Casein concentrate	Hydrolyzed whey	Rennet
Casein hydrolysate	Lactalbumin	Skimmed milk powder
Caseinates	Lactalbumin phosphate	Sodium caseinates
Condensed milk	Lactoacidophilus	Sweet whey
Cream	Lactoglobulin	Whey
Cultured buttermilk	Lactose	Whey protein
Curds	Lactulose	Whey solids
Delactosed whey	Malted milk	Yogurt

**Children with multiple food allergies may need to avoid additional foods and ingredients. Please speak to your healthcare provider for more information.*



Neocate® Syneo® Infant

0-12 MONTHS

Neocate Syneo Infant may be a baby's starting point on a journey to success following symptoms that require a hypoallergenic amino acid-based formula. Neocate Syneo Infant is the first and only hypoallergenic formula with added prebiotics and probiotics, specifically designed for infants with food allergies. Neocate Syneo Infant is nutritionally complete and is manufactured in a dairy protein-free environment.

These recipes are also compatible with Neocate Infant, our original hypoallergenic amino acid-based formula.



Neocate® Infant*

0-12 MONTHS

Neocate Infant is a hypoallergenic amino acid-based formula. It is nutritionally complete for infants and is manufactured in a dairy protein-free environment.



In the following recipes, Neocate Syneo Infant and Neocate Infant can be used interchangeably. When using Neocate Syneo Infant in the following recipes, temperature above 104°F (40° C) may lessen the benefits of the probiotic cultures. Wait to add Neocate Syneo Infant until the recipe has cooled to a lukewarm temperature, or right before serving.

* Neocate® Infant DHA/ARA



Fruit Delight

What You Need:

- ½ apple, peeled, diced and cooked until soft
- 2 pitted prunes, diced and cooked (boiled in water) until soft
- 2 fl oz water
- Pinch cinnamon (optional)
- 4 level scoops Neocate Syneo Infant powder

Directions:

- Add water to apple and prunes and blend to desired consistency.
- Sprinkle with cinnamon, if using.
- Just before serving, add Neocate powder, stir thoroughly, and serve.

Servings per recipe: 1

	Calories	Protein	Carbohydrates	Fat
Neocate Syneo Infant	175	3.0 g	33 g	4.5 g
Neocate Infant	173	3.0 g	32 g	4.5 g

Consult your healthcare professional to determine if this recipe, ingredients, and consistency are appropriate for your child. Nutritional values are approximate and will vary based on quantities and substitutes.



Vegetable Medley

What You Need:

- ½ cup cooked green beans
- 2 small boiled white potatoes
- 1 fl oz water
- 3 scoops Neocate Syneo Infant powder

Directions:

- Blend green beans, potatoes, and water to desired consistency.
- Just before serving, add Neocate powder and stir thoroughly to combine, and serve.

	Calories	Protein	Carbohydrates	Fat
Servings per recipe: 1				
Neocate Syneo Infant	156	4.0 g	27 g	3.5 g
Neocate Infant	155	4.0 g	27 g	3.5 g

Consult your healthcare professional to determine if this recipe, ingredients, and consistency are appropriate for your child. Nutritional values are approximate and will vary based on quantities and substitutes.



Sweet Potato & Carrot Purée

What You Need:

- 1 small carrot, peeled and diced
- ½ small sweet potato, peeled and diced
- 3 fl oz (6 Tbsp) water, plus additional as needed
- 3 scoops Neocate Syneo Infant, divided

Directions:

- Place the sweet potato and carrot in a small saucepan with the water.
- Cover and simmer until tender, allow to cool.
- Blend the vegetables and cooking water until smooth using a food processor or hand blender.
- Distribute mixture among 3 containers. Refrigerate or freeze remaining servings until needed.
- Just before serving, add 1 scoop of Neocate to each serving of purée.
- Stir thoroughly to combine, adding more water as needed to reach preferred consistency, and serve.

	Calories	Protein	Carbohydrates	Fat
Servings per recipe: 3				
Serving size: ~2 oz				
Neocate Syneo Infant	43	1.0 g	7.5 g	1.0 g
Neocate Infant	42	1.0 g	7.0 g	1.0 g

Consult your healthcare professional to determine if this recipe, ingredients, and consistency are appropriate for your child. Nutritional values are approximate and will vary based on quantities and substitutes.



Trio of Root Vegetable Purée

What You Need:

- 1 small sweet potato, peeled and chopped
- 2 medium carrots, peeled and chopped
- 1 medium parsnip, peeled and chopped
- $\frac{3}{4}$ cup water plus additional, as needed
- 6 scoops Neocate Syneo Infant, divided

Directions:

- Place the sweet potato, carrots and parsnip in a small saucepan with the water.
- Simmer until tender, drain and allow to cool.
- Add $\frac{1}{2}$ cup water and blend the vegetables until smooth using a food processor or hand blender.
- Distribute mixture among 6 containers. Refrigerate or freeze remaining servings until needed.
- Just before serving, add 1 scoop of Neocate to each serving of purée.
- Stir thoroughly to combine, adding more water as needed to reach preferred consistency, and serve.

Servings per recipe: 6
Serving size: ~3 oz

	Calories	Protein	Carbohydrates	Fat
Neocate Syneo Infant	59	1.5 g	11 g	1.0 g
Neocate Infant	59	1.5 g	11 g	1.0 g

Consult your healthcare professional to determine if this recipe, ingredients, and consistency are appropriate for your child. Nutritional values are approximate and will vary based on quantities and substitutes.





Neocate® Nutra

6+ MONTHS

The first and only hypoallergenic, amino acid-based solid food. Neocate Nutra provides a spoonable consistency and is ideal in recipes to add texture and variety. Neocate Nutra is designed for supplemental spoon feeding.*



* Not intended for bottle or tube feeding.

Butternut Squash Soup

What You Need:

- ½ cup pureed butternut squash
- ½ cup chicken broth (if not tolerated, substitute another broth or water)
- ¼ tsp Italian seasoning (optional)
- Salt and pepper to taste (optional)
- ½ cup Neocate Nutra powder (8 Tbsp, 63 g)

Directions:

- Mix chicken broth (or water) and butternut squash in a medium saucepan. Cover and bring to a rolling boil over medium-high heat.
- Reduce heat & add seasonings, salt and pepper if using and simmer for about 10 minutes, covered.
- After simmering, remove from heat and allow mixture to cool for 5 minutes.
- Do not directly heat the Neocate Nutra, add it to the soup AFTER it has cooled.
- Stir in Neocate Nutra 1 Tbsp at a time to prevent clumping.
- As needed, add hot water to the soup 1 Tbsp at a time to adjust the temperature and/or consistency.

Servings per recipe: 1

Calories	Protein	Carbohydrates	Fat
350	7.0 g	55 g	12 g

Consult your healthcare professional to determine if this recipe, ingredients, and consistency are appropriate for your child. Nutritional values are approximate and will vary based on quantities and substitutes.



Mashed Potatoes

What You Need:

- 1 medium potato, cooked
- ¼ cup chicken broth (if not tolerated, substitute another broth or water)
- 4 level scoops Neocate Nutra powder

Directions:

- Mash potato with chicken broth.
- Add Neocate Nutra powder and mix well.

Servings per recipe: 1

Calories	Protein	Carbohydrates	Fat
235	4.5 g	46 g	3.5 g

Consult your healthcare professional to determine if this recipe, ingredients, and consistency are appropriate for your child. Nutritional values are approximate and will vary based on quantities and substitutes.



Sugar & Spice Apple Cereal

What You Need:

- 1 fl oz water
- 1.5 Tbsp applesauce, unsweetened
- ¾ tsp sugar
- Pinch of cinnamon (optional)
- 4 scoops Neocate Nutra

NOTE: Recipe can be doubled for toddlers

Directions:

- Mix all ingredients.
- For a thinner consistency, add water.
- Serve immediately or store in the refrigerator for up to 24 hours.

Servings per recipe: 1

Calories	Protein	Carbohydrates	Fat
100	2 g	16 g	3.5 g

Consult your healthcare professional to determine if this recipe, ingredients, and consistency are appropriate for your child. Nutritional values are approximate and will vary based on quantities and substitutes.

Neocate® Junior

1+ YEARS

Neocate Junior is a hypoallergenic, amino acid-based formula. It is designed to address the growing nutritional and lifestyle needs of toddlers and older children.

Neocate Junior is also offered with prebiotic fiber to help support digestive health.



UNFLAVORED
(without prebiotics)



CHOCOLATE



TROPICAL



UNFLAVORED



STRAWBERRY



VANILLA



Meatballs in Tomato Sauce

What You Need:

- ½ cup ground beef
- 2 Tbsp preferred bread crumbs
- 1 Tbsp finely chopped onion
- 1 small garlic clove, minced
- Pinch Italian seasoning
- 2 tsp olive oil
- ½ cup chopped tomatoes
- 1 tsp tomato purée or tomato ketchup
- 1 scoop Neocate Junior, Unflavored (without Prebiotics)

Directions:

- Make the meatballs by combining the first five ingredients in a bowl or food processor.
- Divide into six small, even pieces. Squeeze each tightly and roll into small balls.
- Heat the oil in a wide pan. Fry the balls until browned. Remove meatballs to a plate.
- Sauté the onion in the same pan until soft.
- Add the garlic, tomatoes and purée/paste.
- Stir thoroughly. Simmer for 5 minutes.
- Remove from heat and allow to cool for 5 minutes. Stir in the Neocate Junior until thoroughly mixed.
- Serve with the meatballs.

Servings per recipe: 1

Calories	Protein	Carbohydrates	Fat
300	15 g	23 g	17 g

Consult your healthcare professional to determine if this recipe, ingredients, and consistency are appropriate for your child. Nutritional values are approximate and will vary based on quantities and substitutes.



Sweet Potato & Chicken Casserole

What You Need:

- 1 small sweet potato, peeled and chopped
- ½ cup ground chicken
- 3 Tbsp finely chopped or grated onion
- ¼ cup finely chopped or grated carrot
- 1 small mushroom, finely chopped
- 2 fl oz low-salt chicken broth
- 1 tsp olive oil
- 2 tsp dairy-free spread
- 2 Tbsp preferred bread crumbs
- 2 scoops Neocate Junior, Unflavored (without prebiotics)

Directions:

- Place sweet potato in small saucepan with water to cover, bring to a boil. Simmer until soft.
- Meanwhile, heat the oil and brown the chicken, stirring occasionally and breaking apart.
- Add the onions, carrots and mushrooms and cook for 5-10 minutes, until the vegetables are softened and starting to brown.
- Add the stock and bring to a simmer for 2-3 minutes.
- Remove from the heat. Cool slightly and stir in one scoop of Neocate Junior.
- Pour the water off to drain the sweet potato in the saucepan. Add the dairy-free spread and mash until smooth with a masher or fork.
- Stir in the remaining scoop of Neocate Junior to the sweet potato.
- Spoon the chicken mixture into a small ovenproof dish. Top with the mashed sweet potato.
- Sprinkle with breadcrumbs and brown under the broiler.

Servings per recipe: 1

Calories	Protein	Carbohydrates	Fat
390	16 g	36 g	21 g

Consult your healthcare professional to determine if this recipe, ingredients, and consistency are appropriate for your child. Nutritional values are approximate and will vary based on quantities and substitutes.



Macaroni & "Cheese" with Tomato & Bacon

What You Need:

- 2 ½ tsp cornstarch
- ½ cup water
- ¾ cup packed, cooked preferred pasta (macaroni or other small shape)
- 2 Tbsp grated preferred dairy-free "cheese" (1 oz)
- 3 Tbsp cooked, crumbled bacon (optional)
- ½ cup sliced cherry tomatoes
- 2 scoops Neocate Junior, Unflavored (without prebiotics)

Directions:

- Preheat oven to 350°F.
- Mix Neocate Junior and cornstarch with 1/4 cup water and mix to a smooth paste.
- Place the rest of the water into a pan and bring to the boil. Remove from heat.
- Slowly add the cornstarch and Neocate mixture to the hot water. Keep whisking while adding the mixture.
- Place mixture back over heat and stir constantly until thickened. Remove from heat.
- Mix the pasta and Neocate Junior sauce together with the bacon, if using, in an oven-proof dish.
- Sprinkle the grated dairy-free "cheese" on top of the macaroni mixture and place tomato slices on top.
- Bake in the oven for 20 minutes. Allow to cool a few minutes before serving.

Servings per recipe: 1

Calories	Protein	Carbohydrates	Fat
400	16 g	45 g	16 g

Consult your healthcare professional to determine if this recipe, ingredients, and consistency are appropriate for your child. Nutritional values are approximate and will vary based on quantities and substitutes.



Beef & Vegetable Dinner

What You Need:

- ½ cup small chunks beef (2 oz)
- 1 tsp olive oil
- 1 Tbsp finely chopped onion
- ¼ cup cooked mixed vegetables
- 1 scoop Neocate Junior, Unflavored (without prebiotics)

Directions:

- Heat oil in a pan over medium heat.
- Add the onion and cook, stirring occasionally, until softened, about 5 minutes.
- Add the beef and cook, stirring occasionally, for 5 minutes.
- Add the cooked vegetables and stir to combine. Continue cooking, stirring occasionally, for 5 minutes.
- Remove from the heat and allow to cool slightly. Stir in the Neocate Junior to form a creamy mixture. Serve.

Servings per recipe: 1

Calories	Protein	Carbohydrates	Fat
260	18 g	10 g	16 g

Consult your healthcare professional to determine if this recipe, ingredients, and consistency are appropriate for your child. Nutritional values are approximate and will vary based on quantities and substitutes.



Turkey & Guacamole "Not-so-Quesadillas"

What You Need:

- 1 8-inch preferred tortilla
- 1 slice cooked turkey
- ½ small tomato, thinly sliced
- ¼ avocado
- ¼ cup grated preferred dairy-free "cheese" (1 oz)
- 1-2 tsp freshly chopped cilantro (optional)
- 1 scoop Neocate Junior, Unflavored (without prebiotics)

Directions:

- Using a fork, mix the avocado and Neocate Junior to form a smooth paste.
- Place the tortilla in a dry frying pan on medium-low heat.
- Spread the avocado mixture over one half of the tortilla.
- Layer on the turkey, tomatoes and fresh cilantro, if using, and cover with the dairy-free "cheese."
- Fold over the tortilla and press lightly. Cook for 2-3 minutes.
- Flip and cook for another 2-3 minutes. Serve.

Servings per recipe: 1

Calories	Protein	Carbohydrates	Fat
350	9.0 g	36 g	20 g

Consult your healthcare professional to determine if this recipe, ingredients, and consistency are appropriate for your child. Nutritional values are approximate and will vary based on quantities and substitutes.



Very Veggie Cakes

What You Need:

- ½ pound zucchini, trimmed, coarsely grated (about 1 large or 2 medium)
- ¼ pound carrots, peeled, coarsely grated (about 2)
- 2 green onions, chopped (optional)
- 1 Tbsp apple sauce
- ½ cup quinoa flour
- 2 Tbsp chopped fresh parsley (can also use as garnish)
- ¼ tsp salt
- ¼ tsp ground black pepper
- ¼ tsp garlic powder
- Nonstick cooking spray
- 5 fl oz. of prepared Neocate Junior, Unflavored (follow the instructions on the can for 5 fl oz final volume)

Directions:

- In a medium bowl, combine all ingredients. Stir well enough to distribute ingredients evenly.
- Coat medium nonstick skillet with nonstick spray and place over medium-high heat. Drop zucchini mixture by a heaping tablespoon.
- Cook over medium heat until golden, about 10-12 minutes per side.
- Press patty down to ensure center is well cooked before removing from heat.

Servings per recipe: 5
Serving size: 2 ~3-inch cakes

Calories	Protein	Carbohydrates	Fat
105	4.0 g	17 g	2.5 g

Consult your healthcare professional to determine if this recipe, ingredients, and consistency are appropriate for your child. Nutritional values are approximate and will vary based on quantities and substitutes.



Fruity Tutti Pancakes

What You Need:

- ½ cup rice flour
- ½ tsp baking soda
- ½ tsp cream of tartar
- 1 tsp maple sugar (or other granulated sugar)
- Pinch of salt
- ½ cup dry brown rice
- ½ peach or banana
- 3 fl oz vanilla rice milk*
- 1 Tbsp vegetable oil
- 5 level scoops Neocate Junior, Unflavored (without prebiotics)

*Rice milk is not true milk – it is sometimes described as rice drink.

Directions:

- Oil and preheat a nonstick griddle or skillet.
- In a medium bowl, combine the rice flour, baking soda, cream of tartar, sugar and salt.
- Grind the brown rice in a food processor or blender and stir in with the other dry ingredients.
- Puree ½ peach or ½ banana and stir into the mixture.
- In a separate container (with a lid) combine the rice drink, Neocate Junior, and oil. Shake well.
- Pour mixture into the dry ingredients and mix until combined; do not beat or over mix.
- Spoon ¼ cup of the batter onto the hot griddle or skillet. Cook until the tops are bubbly and edges are brown.
- Turn and cook until light brown.
- Serve immediately or store in a refrigerator for up to 24 hours.

Servings per recipe: 3
Serving size: 2 pancakes

Calories	Protein	Carbohydrates	Fat
310	6.0 g	54 g	9.0 g

NOTE: Nutritional information based on a non-fortified rice drink (no added vitamin D or calcium).

Consult your healthcare professional to determine if this recipe, ingredients, and consistency are appropriate for your child. Nutritional values are approximate and will vary based on quantities and substitutes.



Brownie Bites

What You Need:

- 2 cups cooked or canned black beans, drained of all liquid
- ½ cup granulated sugar of choice
- ½ cup cocoa powder or carob powder
- 1 Tbsp allowed oil
- 1 ½ Tbsp egg replacer mixed with 3 Tbsp of warm water
- 1 ½ tsp vanilla extract, real or imitation (optional)
- Non-stick oil spray or foil baking cups
- 8 level scoops Neocate Junior, Chocolate

Directions:

- Preheat oven to 350°F. Coat muffin tin with non-stick oil spray or line with foil baking cups.
- Place all ingredients in a blender, liquid ingredients first. Blend until smooth.
- Pour enough batter into each muffin well to fill about halfway.
- Bake 22-28 minutes, or until a toothpick inserted into the center of a brownie comes out clean.
- Allow brownies to cool in the tin for at least five minutes, and then transfer them to a baking rack to finish cooling.

Servings per recipe: 15

Serving size: About 2 brownie bites

Calories	Protein	Carbohydrates	Fat
90	3.0 g	16 g	2.0 g

Consult your healthcare professional to determine if this recipe, ingredients, and consistency are appropriate for your child. Nutritional values are approximate and will vary based on quantities and substitutes.



Cinnamon Chocolate Swirl Smoothie

What You Need:

- 5 fl oz vanilla-flavored rice milk*
- ½ tsp ground cinnamon
- 8 ice cubes
- 4 scoops Neocate Junior, Chocolate

* Rice milk is not true milk - It is sometimes described as rice drink.

Directions:

- In a blender, add the rice beverage, cinnamon and ice cubes, blend well.
- Pour into a shaker cup and add the Neocate Junior, Chocolate to the mixture.
- Cover with a lid and shake well
- Serve immediately or store in the refrigerator for up to 24 hours.

Servings per recipe: 1

Calories	Protein	Carbohydrates	Fat
220	5.0 g	34 g	8.0 g

Note: Nutritional information based on a non-fortified rice beverage (no added vitamin D or calcium).

Consult your healthcare professional to determine if this recipe, ingredients, and consistency are appropriate for your child. Nutritional values are approximate and will vary based on quantities and substitutes.



Vanilla Orange Pineapple Fruit Blast

What You Need:

- 2 handfuls of ice cubes
- 4 fl oz orange juice
- 3 fl oz pineapple juice
- ¼ cup frozen pineapple
- 6 fl oz prepared Neocate Junior, Vanilla

Directions:

- Crush ice and frozen pineapple in blender.
- Add Neocate Junior and blend for a few seconds.
- Add orange juice and pineapple juice. Blend till evenly mixed.
- Pour in glass and serve. Add a pineapple slice as a garnish.

Servings per recipe: 1

Calories	Protein	Carbohydrates	Fat
330	8.0 g	52 g	10 g

Consult your healthcare professional to determine if this recipe, ingredients, and consistency are appropriate for your child. Nutritional values are approximate and will vary based on quantities and substitutes.



Pumped Up Peach & Strawberry Smoothie

What You Need:

- ¼ cup Strawberries, fresh or frozen
- ¼ cup Peaches, fresh or frozen
- 4 fl oz prepared Neocate Junior, Strawberry

Directions:

- Blend all ingredients in a blender until smooth.
- For a thinner consistency add more liquid.
- Pour in a glass and enjoy!

Servings per recipe: 1

Calories	Protein	Carbohydrates	Fat
180	5.0 g	25 g	7.0 g

Consult your healthcare professional to determine if this recipe, ingredients, and consistency are appropriate for your child. Nutritional values are approximate and will vary based on quantities and substitutes.



Strawberries & “Crème”

What You Need:

- 6.5 fl oz cold water
- 4 level scoops Neocate Junior, Strawberry
- 2 level scoops Neocate Junior, Vanilla

Directions:

- Add water to a container, preferably one with a lid.
- Add the scoops of both Neocate Junior powders. (Or add the powders first, if you prefer – then water.)
- If the container can be sealed: cover and shake until the powder has dissolved, about 15 to 20 seconds. If the container is open, stir vigorously with a fork or whisk until the powder has dissolved, about 30 seconds.

Servings per recipe: 1

Calories	Protein	Carbohydrates	Fat
210	6.0 g	23 g	10 g

Consult your healthcare professional to determine if this recipe, ingredients, and consistency are appropriate for your child. Nutritional values are approximate and will vary based on quantities and substitutes.



Neocate® Splash

1+ YEARS

Neocate Splash is the first and only range of hypoallergenic, nutritionally complete, ready-to-feed amino acid-based formula.

ORANGE-
PINEAPPLE

UNFLAVORED

VANILLA

GRAPE

TROPICAL
FRUIT



Blueberry Scones

What You Need:

- 1 ¾ cups gluten-free all-purpose flour substitute
- ½ cup of sugar
- 2 tsp baking powder
- ½ tsp salt
- ½ tsp xanthan gum (optional)
- ¼ tsp nutmeg (optional)
- ¾ cup non-dairy margarine (or allowable fat substitute), cold and cut into pieces
- ¾ cup blueberries, fresh
- 1 Tbsp egg replacer mixed with ¾ cup water
- 2 tsp real or imitation vanilla extract
- ½ cup Neocate Splash, Tropical Fruit

Directions:

- Preheat the oven to 400°F.
- Line baking sheet with parchment.
- Whisk together the flour substitute, sugar, baking powder, salt, and xanthan gum and nutmeg, if using.
- Work in the cold margarine till the mixture is crumbly with a pastry cutter or fork.
- Stir in the blueberries.
- Whisk together the Splash Tropical Fruit, egg substitute, and vanilla till frothy.
- Add to the dry ingredients, stirring till well blended. The dough should be cohesive and very sticky.
- Drop dough by using rounded tablespoons onto the baking sheet. Let the scones rest for 15 minutes.
- Bake for 15 to 20 minutes, until golden brown.
- Remove from the oven and let rest for 5 minutes or so before serving.

Servings per recipe: 24
Serving size: 1 scone

Calories	Protein	Carbohydrates	Fat
135	1.0 g	16 g	7.5 g

Consult your healthcare professional to determine if this recipe, ingredients, and consistency are appropriate for your child. Nutritional values are approximate and will vary based on quantities and substitutes.



Tomato Basil Soup

What You Need:

- 14.5 oz can of diced tomatoes or tomato sauce
- 1 ½ Tbsp fresh basil, cleaned
- 1 garlic clove or ½ tsp garlic powder
- ½ tsp dried oregano
- 1 Tbsp tomato paste (optional, add for thicker consistency)
- ¼ tsp each salt and pepper (optional)
- ½ cup Neocate Splash, Unflavored

Directions:

- Blend all ingredients in a blender until fully combined.
- Heat in a small sauce pan over medium heat for 3-5 minutes or until warmed thoroughly.

Servings per recipe: 2
Serving size: ~ 9 fl oz

Calories	Protein	Carbohydrates	Fat
120	4.0 g	18 g	3.0 g

NOTE: Nutritional information includes optional tomato paste.

Consult your healthcare professional to determine if this recipe, ingredients, and consistency are appropriate for your child. Nutritional values are approximate and will vary based on quantities and substitutes.



Peanut Butter and Grape Jelly Splash

What You Need:

- 2 Tbsp natural peanut butter or sunflower seed butter (if permitted)
- ½ cup vanilla rice ice cream
- 1 box (8 fl oz) of Neocate Splash, Grape

Directions:

- In a blender, combine all ingredients.
- Blend together on the lowest setting (which is generally marked "stir").
- Once blended, pour and serve immediately or store in a refrigerator for up to 24 hours.

Servings per recipe: 2
Serving size: About 6 oz

Calories	Protein	Carbohydrates	Fat
295	7.0 g	28 g	17 g

Consult your healthcare professional to determine if this recipe, ingredients, and consistency are appropriate for your child. Nutritional values are approximate and will vary based on quantities and substitutes.



Vanilla Cake

What You Need:

- 1 and ¾ cups gluten-free all purpose flour
- 1 cup white sugar
- 1 tsp baking soda
- ½ tsp salt
- 1 carton (8 fl oz) Neocate® Splash Vanilla
- ½ cup canola oil
- 1 Tbsp apple cider vinegar

Optional: Add in ½ cup of allergy-friendly chocolate chips. Note that doing so may increase cook time.

Directions:

- Preheat the oven to 350° F.
- Sift the flour into a mixing bowl.
- Add the sugar, baking soda and salt and mix.
- Add the Neocate Splash Vanilla, oil and vinegar and give it a quick mixing until just combined.
- Spray two 7-inch round cake tins with non-stick spray and cut parchment paper into circles to fit the bottoms.
- Divide the batter evenly between the tins.
- Bake for 30 minutes.
- Remove from the oven and using a toothpick, insert into the center of the cake to check for doneness.
- Cool completely on a cooling rack and then decorate with your preferred allergy-friendly frosting and toppings.

Servings per recipe: 12

Calories	Protein	Carbohydrates	Fat
200	1.2 g	33.2 g	7.2 g

Consult your healthcare professional to determine if this recipe, ingredients, and consistency are appropriate for your child. Nutritional values are approximate and will vary based on quantities and substitutes.



Pumpkin Pie Smoothie

What You Need:

- 1 carton (8 fl oz) Neocate® Splash Vanilla
- ¾ cup pureed pumpkin
- ½ tsp pumpkin pie spice (can substitute cinnamon, if needed)
- 1 cup ice

Directions:

- Add all the ingredients into a blender.
- Blend until smooth and enjoy!
- Serve immediately.

Servings per recipe: 1

Serving size: ~8 fl oz

Calories	Protein	Carbohydrates	Fat
261	8.2 g	30 g	12.5 g

Consult your healthcare professional to determine if this recipe, ingredients, and consistency are appropriate for your child. Nutritional values are approximate and will vary based on quantities and substitutes.



Overnight Splash Oats

What You Need:

- ½ cup rolled oats
- ½ carton (4 fl oz) Neocate® Splash Vanilla
- 1 Tbsp chia seeds
- ½ tsp ground cinnamon
- Optional: add ¼ cup dairy-free yogurt for a creamier consistency

Directions:

- Add all the ingredients into a sealable jar or bowl and stir until combined.
- Let it soak in the fridge for at least 2 hours, but it's best to soak overnight for 8 hours.
- Add your favorite food allergy-friendly toppings and enjoy!

Servings per recipe: 1
Serving size: 8 fl oz

Calories	Protein	Carbohydrates	Fat
340	11.4 g	46.7 g	12.3g

Consult your healthcare professional to determine if this recipe, ingredients, and consistency are appropriate for your child. Nutritional values are approximate and will vary based on quantities and substitutes.



EXCLUSIVE RESOURCES FOR PARENTS & FAMILIES

Neocate Footsteps offers an array of resources to support, answer and inspire at each milestone of your food allergy journey.



Navigator

Help with Neocate insurance reimbursement and access



Recipes

By product and varying ages



Food Allergy Living Blog

Helpful tips, recipes and guidance written by healthcare professionals



YouTube

Informational videos and mixing instruction



Nutrition Specialists:

Answer questions about Neocate and food allergies



Facebook

Success stories, easy how-to-use product instruction recipes



Website

Food allergy education and testimonials



Toolbox

By product and varying ages



Neocate Footsteps App

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[Neocate.com/footsteps](https://neocate.com/footsteps)

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Have questions? Contact the Neocate team.

**1-800-Neocate
(1-800-636-2283)**

Neocate.com

Neocate® is a family of hypoallergenic, amino acid-based medical foods for use under medical supervision and is indicated for cow milk allergy, multiple food allergies and related GI and allergic conditions. Talk to your healthcare provider about product recommendations.



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